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P. 33

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## Your vote, your voice

Foreigners who have completed the census registration process (*recenseamento*) to vote in local elections will soon be able to exercise their right to vote in Portugal with the upcoming municipal elections on October 11<sup>th</sup>. (See Page 4)

## Holiday tattoo scars child for life

A four-year-old Somerset boy who was last month holidaying in Lagos has been left scarred, possibly for life, after being allowed to have a temporary henna tattoo from a street artist. (See Page 6)

## Fines being charged twice

Numerous cases have emerged of drivers who are caught committing offences and fined on-the-spot by traffic police (formerly GNR) then some months later receive a letter claiming they need to pay the fine despite having paid it immediately at the time of the offence. (See Page 11)

## Hollywood hits the Algarve

One of Portimão's most ambitious projects yet, has been presented, and seeks to bring international movie stardom to the region by building massive film studios in the city, near the Portimão Arena. (See Page 15)

## Alvor killers still at large

PJ police have still not confirmed whether or not they have arrested the two men who are believed to be Brazilian and responsible for the murder of an Irish businessman in Alvor last week. (See Page 55)

## Weekend weather

**Lisbon:** After a rainy start to the weekend, the weather should improve though autumn is definitely in the air. **Faro:** Despite the official end of summer next week, the Algarve will continue to enjoy warm weather. **Oporto:** The North will be mild and no rain is forecast for the weekend despite some cloud.

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## Despite economic crisis, 2009 forecast to have been a bumper year for tourism

# TOURISM – 3<sup>RD</sup> BEST YEAR

Full story, see p. 2



All smiles as the State Secretary for Tourism Bernardo Trindade (R) appears to share some good news with Finance Minister Teixeira dos Santos. It was revealed this week that the tourism figures for 2009 are among the best on record in Portugal. (Photo: Lusa/Luis Forra)



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Beaches across the country, such as this one in Vilamoura, still managed to see their fair share of tourists throughout spring and summer despite doomsters predicting a tough year for tourism. (Photo: Lusa/Luís Forra)

Tourism – 3<sup>rd</sup> best year

Crucial to the national economy, tourism has not been as adversely affected as was first predicted. In a surprise announcement, it was revealed 2009 is on course to be the third best year for the industry.

The State Secretary for Tourism has this week brushed aside talk of a black year. Armed with latest figures, Bernardo Trindade revealed Portugal had reason to be pleased at the manner in which the tourist industry has performed thus far in 2009.

“What 2009 is proving, is that despite the crisis, this is in fact the third best year”, said the state secretary.

Bernardo Trindade further explained that official figures supplied by the Office of National

Statistics (INE) and those published by tourism associations, show the tide has turned.

“Information we have for August 2009 points to occupancy rates of well above 90 percent in the Algarve, with strong domestic support boosting figures, while the Douro region had occupancy rates of 75 percent and 80 percent in the rural tourism sector”, he said.

Occupancy figures in the Algarve last month were exactly the same as those recorded the same

period in 2008 - the best year for tourism in Portugal on record.

“Although this has not been the best year for tourism, what 2009 is showing is that despite the crisis, this remains the third best year”, stressed the state secretary.

While Bernardo Trindade declined to supply final data, he forecast that the expected drop in tourism figures at the end of the year will be nowhere near the 30 percent fall projected at the beginning of the year by “industry experts”.

Instead, he predicted that damage will be limited to a single-digit drop in figures.

“I believe the final three months of the year will be very important, as they will be compared against the three very bad months of October, November and December in 2008”, he explained. As the final quarter of 2008 compared with the final quarter of 2009 could actually have been worse, this year’s results might draw even closer to

last year’s record figures.

As for the expected drop in revenue in the tourist industry, Bernardo Trindade declined to make any statistical projection.

However, the INE in its most recent publication indicated that income generated by the tourist industry dropped to 973 million euros for the first seven months of the year, having exceeded a billion euros in 2008.

“What we have always pledged to do is to work, and not respond to premature analyses, many of which said this would be the worst summer of the century – especially in the Algarve”, said Trindade.

The state secretary also singled out the work done by the tourist industry in forging partnerships with airlines and tourist operators which he says has allowed the sector to escape the crisis largely unscathed, especially when compared with the hardship currently being faced by competing tourist destinations across the globe.

## Loulé Airport project takes off

Loulé Mayor Seruca Emídio this week submitted a technical proposal for the future Loulé aerodrome to INAC – the National Institute for Civil Aviation, which, should it be approved, will complement Faro Airport and could receive up to 15 percent of its traffic.

“We have submitted a detailed project to INAC and it will now be evaluated for a technical appraisal, which is a fundamental step for the rest of the project to be able to go ahead”, said Mayor Emídio.

Seruca Emídio explained that Loulé’s existing aerodrome, which was mainly used by aero clubs based in Vilamoura, was deactivated “when a budget was approved and granted by Lusotur Vilamoura for it to be transformed into a new airport”, as part of a project named Vilamoura XXI.

“It was established that the new airport would be next to the Cimpor cement factory and nearly five years ago Faro Airport as well as ANA – Airports of Portugal expressed their interest in the new airport not just being for aero clubs but also for the likes of executive aviation”, he said.

The Mayor elaborated that, “as Faro Airport cannot be expanded, due to its geographical positioning within the Ria Formosa Natural Park, this aerodrome will work as a comple-

mentary airport”.

He considered it to be a bonus to the region, “As Loulé is in the Central Algarve, which contains the region’s main ‘luxury’ resorts and the majority of golf courses”.

“It makes perfect sense that we should create a plan that answers the region’s as well as the country’s needs”.

“Taking all this into account no one should question the infrastructure’s importance”, he said.

Should it be given the green light the airport, which will have a 1,700 metre-long runway, will entail investments, over two phases of €35 million and €50 million respectively. It will also require the expropriation of land.

Mayor Seruca Emídio further revealed he was confident that the project had all the necessary conditions to take shape independent of the outcome of the local elections on October 11th.

“I hope it will be me in the Town Hall, but this is a project that will enhance the municipality and the region and I think it could be carried out by whoever is in power at the time”, he said.

## Portuguese hotels amongst five most affordable

Following a general fall in the price of hotel rooms throughout Europe and all over the world, Portuguese hotels have established themselves as being amongst Europe’s five least costly, with Portugal’s capital, Lisbon, ranking 16<sup>th</sup> on a list of the cheapest cities to visit in the world.

According to dedicated hotel website Hotels.com, this year visitors could expect to pay an average of €82 for a night in a hotel room in Portugal, 15 percent less than last year when the global average price for a room was €97. That places Portugal amongst the five cheapest countries in Europe.

Prices in Lisbon also dropped significantly in comparison to last year, when on average a room would cost in the region of €102. This year the average room price

in the capital was calculated at €86 per night, placing the city at 16<sup>th</sup> on a list of cheapest cities in the world, and 6<sup>th</sup> cheapest European city, regarding hotel prices.

On a global scale Rio de Janeiro showed the biggest increase in hotel prices, being one of just three countries to experience rises in prices.

At present anyone visiting the Brazilian capital is looking at an average hotel price of €135 per night, a 17 percent increase on last year’s prices. This also makes Rio de Janeiro’s hotels the fastest increasing in terms of prices in the world.

Concerning the Portuguese nation’s most popular holiday destinations, Switzerland is the most expensive, where rooms cost an average €139 per night.





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## Your vote, your voice



Foreigners who have completed the census registration process (*recenseamento*) to vote in local elections will soon be able to exercise their right to vote in Portugal with the upcoming municipal elections on October 11<sup>th</sup>.

The Portugal News' long-running voting campaign, *Your Vote, Your Voice!* not only looks at explaining the intricacies of the voting process here in Portugal, but also the value of the vote of foreigners residing here.

The upcoming ballot is an ideal opportunity for foreigners to change the way their town is run. Furthermore, and unlike elections in heavily populated regions across Europe, foreign residents here can actually have an enormous influence on the outcome of elections, with mayors being elected in many towns thanks to a handful of votes.

In the last local elections, cities were lost and won thanks to a small amount of votes. What's more, the closest run elections came in areas with a high number of expat residents and in towns where the contributions of council tax are substantial.

Almancil in Loulé was won by a difference of only 50 votes, politicians in Carvoeiro have been running the town the past four years thanks to 52 votes. The winning margin in Praia da Luz was just over a hundred, while Vila do Bispo with was won with the help of just 10 votes.

Pereiro in Alcútem was effectively a hung parish, as the 182 votes cast in favour of the two leading parties, were split exactly halfway – here, a single vote would have changed the way an entire town was to be run for the next four years.

In the run up to the election **The Portugal News** will be speaking to key candidates from all over Portugal on the

most important matters relevant to residents in their areas.

Town and Parish Halls will be asked to provide more information as to where the voters must go to vote, as ballot boxes can often be found in various local venues, such as schools, gyms, and community centres.

All EU citizens' and who hold a valid passport can vote for a local municipal representative as well as in European Parliamentary elections, which took place earlier this year.

In addition, citizens from Portuguese speaking (PALOP) countries (such as Brazil and Cape Verde) and who have legally resided in this country for more than two years can vote in municipal elections, and other foreign citizens from Argentina, Chile, Iceland, Norway, Peru, Uruguay and Venezuela who have legally resided in Portugal for more than three years are also eligible to vote in local elections in this country.

Any other nationalities resident in this country are not eligible to vote.

All foreigners must first register before being able to vote. A residency card is necessary to register (and/or a passport in the case of EU citizens), and this can be done at local parish or town halls.

Census registrations close 60 days before the election date.

For more information on foreign residents voting in Portugal, contact: 808 206 206, 800 208 169, 213 947 100, Fax: 213 909 264, or e-mail: adm.eleitoral@dga.mai.gov.pt.



Leader of the ruling Socialist Party, incumbent Prime Minister José Sócrates pictured in Leiria earlier this week as election campaigning started to heat up at venues across the country. (Photo: Lusa/Tiago Petinga)

## Campaigning for parliamentary polls underway



Campaigning for Portuguese legislative polls kicked off at the weekend with the ruling Socialist Party (PS) of Prime Minister José Sócrates and main Social Democratic Party (PSD) of Manuel Ferreira Leite expected by pollster to win most votes in the September 27 ballot.

Prime Minister Sócrates visited the central Alentejo region on Sunday, telling supporters at a rally in the town of Portalegre the PS wants to "modernise Portugal without leaving anyone behind."

Defence of Portugal's National Health Service (SNS) is also a pivotal issue of the centre-left PS's manifesto, the prime minister said.

Centre-right opposition chief Ferreira Leite started her campaign in Portugal's Azores Islands, accusing the prime minister and the PS of having a "personal agenda" to put himself first and Portugal second.

Two opinion polls published last Saturday put the PS slightly ahead of the PSD, but without enough votes to return the party to power with the overall majority it currently enjoys. The polls' margins of error mean the PSD could also beat its rival in the balloting taking place in a fortnight.

Analysts have said because neither of Portugal's biggest parties is certain of garnering a working majority the most likely scenario is they would have to forge coalitions with smaller parties.

The last coalition government, initially led by EU chief Durão Barroso, collapsed when former President Jorge Sampaio called early elections.

Portugal's incumbent prime minister has not ruled out any post-election scenarios, but Ferreira Leite says the PSD would not work with the PS.

The Left Bloc, the Portuguese Communist Party (PCP) and the Greens say they will not join the PS in a coalition because of the ruling party's rightist track record since coming to power in February 2005, when the Socialists won 121 seats in the 230-member National Assembly with a 45 percent vote share. TPN/Lusa

## MEPs approve Barroso second term

The European Parliament on Wednesday approved the appointment of José Manuel Barroso as President of the European Commission for a second term.

A former Portuguese prime minister, Mr Barroso was

elected by 382 votes in favour, 219 against and 117 abstentions in a vote held by secret ballot on Wednesday. The approval required a simple majority of the votes as the vote took place under the rules of the Nice Treaty.

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# Holiday henna tattoo scars child for life



A four-year-old Somerset boy who was last month holidaying in Lagos has been left scarred, possibly for life, after being allowed to have a temporary henna tattoo from a street artist.

Days after having a red henna flower-shaped design painted on his arm during a 15-minute session believed to have taken place in Lagos' main square on August 27<sup>th</sup>, Charlie Latimer's skin reacted to the henna, bleeding and blistering, leaving him with an "horrific" two-inch flower-shape burn on his bicep that doctors say

could scar him for life.

He had been enjoying an annual holiday in Portugal with his 37-year-old mother, Katie Latimer, father John, 34, and seven-year-old sister Olivia. The family had been staying with a close relative who owns a home in Almancil.

Days after returning to the UK on August 29<sup>th</sup> Charlie's skin

began peeling. He was immediately taken to a doctor who prescribed a course of antibiotics but when Charlie's condition failed to improve, his mother and father rushed him to Bath's Royal United Hospital where he was kept in overnight.

Mrs Katie Latimer, a writer from Bath, Somerset, said: "He

will be scarred for the rest of his life. My son's beautiful, smooth four-year-old skin is now all blistery and scarred.

"He will have to live with this now for the rest of his life, although we are keeping our fingers crossed that it could one day disappear.

Doctors have told Charlie he can never have a tattoo or dye his hair for the rest of his life due to the seriousness of his reaction.

Henna, a natural plant extract, normally fades within 10 days and is usually completely harmless.

However, there have been reports of dishonest artists mixing henna with a cheap hair dye paraphenylenediamine, or PPD, which can burn the skin.

After contacting Lagos Town Hall's Service for Activity Licensing, which is responsible for granting licences for the use of public spaces, a spokesperson confirmed to **The Portugal News** no health and hygiene certificates were required to apply for a permit.

"People apply for permits and we allocate public spaces. We are not responsible for checking if they have any type of health and safety certificate should a health and safety certificate be required", he said.

Asked if, as a result of this incident, the Town Hall would look to adapt its regulations for pub-

lic entertainment licences, **The Portugal News** was told: "Members of the public can come to the Town Hall and convey their concerns if they think something is wrong or strange and we will look into it".

The same source told **The Portugal News** it was in fact Portuguese Health and Safety entity ASAE's job to carry out checks on street entertainers, which include henna tattooists, face painters, toy vendors and hair braiders, should they require special certificates. However, this does not seem to be the case for any 'street artists'.

Lagos Town Hall's Fiscal Department reflected this stance with a fiscal employee saying "generally there is no fiscal procedure carried out [by the Town Hall]. All people have to do is apply for a licence and that is it".

Speaking to **The Portugal News** this week, Katie Latimer said that while her son had made a full recovery and was responding well to his treatment, the henna disaster had caused Charlie to miss a week of school as well as raising serious questions as to how well henna street artists are regulated.

She confirmed the henna used on her son had contained PPD, which is against EU regulations, and was what caused his severe reaction, as well as turning the hairs on his arm black.

"People need to know that henna should not be black. There is no such thing as black henna", she stressed.

Mrs. Latimer believes that holiday companies and other representatives should place more emphasis on warning families abroad about the hidden dangers behind seemingly harmless henna tattoos. She said reports of Charlie's misfortune in the UK's press had generated a huge surge against unregulated henna 'tattooists'.

"Hundreds of kids have these done. Our daughter had one done last year in a little shop in Olhos D'Água, which might have been better regulated. It washed off in three or four days though, what with being in the pool and everything".

Katie Latimer told **The Portugal News** her husband John, whose father owns a home in Almancil which the family holiday at regularly, is currently putting together a letter which he intends to send to the British Embassy in Lisbon with the intention of highlighting the issue.

Lagos Town Hall confirmed it had already been contacted by the British Embassy in Lisbon.

"Loads of kids have these done every year and they seem like innocent things to have done. I just don't want other children and parents to have to go through this", Katie Latimer said.



Katie Latimer with Charlie. Picture courtesy of The Bath Chronicle.

## American tourist dies in suspicious circumstances

The death of a middle-aged American tourist who was found dead by the Peneco Beach elevator in Albufeira is being investigated by PJ police after the initial conclusion of suicide was dismissed.

Unofficially identified as 56-year-old Richard Pollak from New York, USA, the man's body was found at the bottom of the controversial elevator by a Maritime Police officer.

Since its inauguration in May this year local businesses have been complaining the elevator has turned that area of Albufeira into a "black spot in terms of safety, particularly at night". It is a panoramic, glass-fronted elevator that operates

24-hours a day and travels down the cliff face in the centre of Old Town Albufeira onto the beach below.

It was initially thought the American had fallen to his death from a small veranda at the top of the elevator shaft, but police later concluded the injuries to his upper and lower limbs were "inconsistent with the theory of a fall or suicide".

The body showed signs of multiple fractures all over yet there

were no visible signs of blood, a source from the INEM Medical Emergency Response team who assisted at the scene said.

PJ police have been investigating the incident, which they described as "strange", and do not rule out the possibility of foul play.

Albufeira Mayor Desidério Silva said a situation like this "could happen anywhere and will not have a negative impact on tourism".

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# Calls for help cease as helpline is charged



The number of people calling the previously free-phone 'SOS Friendly Voice' helpline has dried up since calls had to be paid-for.

Operating everyday between 21h00 and 24h00 the helpline was, until 2009, a free service to people in distress and looking for a friendly voice to talk to.

But since it ceased to be a free-phone service the number of calls has, according to a spokesperson, dropped significantly.

"Since the termination of free calls there has been a drop of around 1,000 people" (during the first half of this year, in comparison to the same period of 2008), the representative said.

Between January and June this year the line answered 2,148 calls for help, 12 of which related to thoughts of suicide or death.

Created by the Portuguese League for Mental Health 30 years ago, SOS Friendly Voice benefitted, until last year, from the sponsorship of PT Portugal Telecom, which facilitated the free phone calls between 21h00 and 24h00.

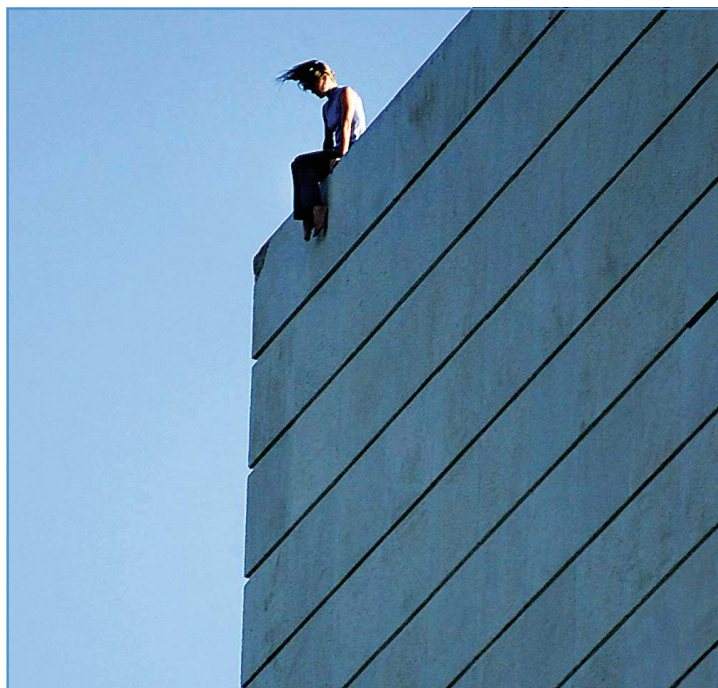
The SOS spokesperson argued that the termination of this sponsorship is a "clear barrier" to the service and its objectives, as problematic issues "mainly affect people without financial resources, who now face even greater difficulties in getting help".

It was said "many of the people who now phone hang-up straight away or restrict the calls due to 'clock-watching' on learning the calls are now paid-for".

SOS Friendly Voice was the first helpline to be created in Portugal and to intervene in issues such as contemplation of suicide.

It is the only phone line of its genre, which offers a friendly voice in situations of suffering, loneliness, anxiety and depression, to remain operational since its founding.

Data released this week by the service for the World Suicide Prevention Day (which was on Monday, September 14<sup>th</sup>) and relative to the first six months of 2009 showed that women are still the most frequent users of the helpline. During the first semester of this year 1,195 calls were made by women, in comparison to the 599 calls made by men.



A 30 year old Russian national attempted suicide by jumping from the Discovery monument in Lisbon. (Photo: Tiago Petinga/Lusa)

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European Economic and Monetary Affairs Commissioner, Spanish Joaquín Almunia, addresses the media at the end of the Eurogroup Council meeting at the EU Headquarters in Luxembourg, 08 June 2009. (Photo: EPA/Nicolas Bouvy)

## Maputo, Lisbon set up investment bank

The governments of Mozambique and Portugal have agreed to create an investment bank based in Maputo with a branch in Lisbon, officials said.

The accord, formalised last week in Maputo by visiting Portuguese Finance Minister Fernando Teixeira dos Santos and his opposite, Manuel Chang, will set up the new bank with initial share capital of US\$ 500 million. It will be

jointly funded by Mozambique's Treasury and Portuguese state-controlled bank CGD.

Portugal's Finance Minister said the new bank will work as both an investment and development bank to encourage bilateral

partnerships aimed at expanding Mozambique's economy. Teixeira dos Santos and Manuel Chang also inked accords to boost an existing €200 million credit line and set up another one valued at €300 million. *TPN/Lusa*

## EU coming out of recession but uncertainty remains high



The economic situation has improved markedly since the second quarter, pointing to a better growth outlook for the second half of the year, the European Union said in a statement this week.

But as economic activity at the end of 2008 and beginning of 2009 was worse than initially estimated, GDP is still expected to fall by four percent overall this year in both the EU and the Euro area, as forecast in the spring.

However, uncertainty remains rife, and while the recovery may surprise on the upside in the very short term, how sustainable it will be remains to be seen.

The Commission's forecasts for inflation in 2009 also remain unchanged at 0.9 percent in the EU and 0.4 percent in the Euro area, with the base effects of past hikes in energy and food prices, which were pushing prices down, fading away and no other significant inflationary pressures in view.

"The situation has improved – mainly due to the unprecedented amounts of money pumped into the economy by central banks and public authori-

ties – but the weak economy will continue to take its toll on jobs and public finances", explained Joaquín Almunia, Economic and Monetary Affairs Commissioner, who added: "We need to continue implementing the recovery measures announced for this year and 2010 and accelerate the repair of the financial sector to make sure banks are ready to lend at reasonable terms when companies and households resume their investment plans. And we need to define a clear, credible and co-ordinated 'exit' strategy to put public finances progressively back on a sustainable path and to find the necessary resources to increase Europe's growth and jobs potential."

Tailwinds have gained strength during the summer, as the global economy has started to stabilise, partly as a result of strong policy interventions. Helped by improved financial conditions, the fall in EU GDP

slowed significantly in the second quarter (to -0.2 percent quarter-on-quarter (q-o-q) from -2.4 percent in the first quarter of 2009). With the inventory cycle at a turning point and confidence improving in almost all sectors and countries, the near-term outlook is favourable.

Based on these trends, growth projections for the second half of this year have been revised slightly upward in the Commission's forecast. But because of downward revisions to the previous estimates for 2008 and the first quarter of 2009, the rate of the projected fall in GDP in 2009 as a whole remains unchanged at four percent in both the EU and the Euro area.

This is calculated on the basis of updated projections for France, Germany, Italy, the Netherlands, Poland, Spain and the United Kingdom, which together account for about 80 percent of the EU's GDP.

## Sonae and Microsoft ranked top by students

There have been some significant changes in the Portuguese Top 100 Employer rankings compared to last year's results. In the Engineering Edition, the IT and energy industry is the clear winner, whereas in the Business Edition banks prove to be the most favoured employers.

SONAE managed to keep the No. 1 position in the rankings list among business students. Banco de Portugal and Caixa Geral de Depósitos could both rise one position to rank 2 and 3 this year.

"Despite the economic crisis banks are still very popular employers in Portugal unlike most other European countries. Portuguese graduates seem to be less influenced by the economic crisis than their European fellow students," said Oliver Viel, Director of Customer Relations at the trendence Institute.

Last year's Engineering Edition's winner Microsoft also keeps its position.

In the Business Edition, Banco de Portugal and Caixa Geral de Depósitos (both 11.9%) achieved 2nd place, ahead of Microsoft (8.8%) and Google (8.5%). Microsoft is deemed attractive by 13.1% of engineering students. Google (11.6%) and EDP – Energias de Portugal (11.5%) also did well with 2nd and 3rd place followed by SONAE (10.6%) in fourth and PT in fifth (9.8%) position.

Another interesting aspect of the Portuguese ranking is the majority of national companies in the top ten employers. "We observe a strong commitment towards national companies as preferred employers," says Oliver Viel. "Especially in times of crisis these rather traditional companies seem to guarantee a comparatively stable environment. All over Europe job security is becoming more and more important for graduates."

While the expected yearly salary among both business and engineering students in Europe dropped significantly in comparison to last year's figure, the expected working hours remained at nearly the same level.

Portuguese students expect to earn €14,109 per annum (Business) and €14,417 (Engineering) respectively in their first job. These expectations are below the European average of €23,967 (Business) and €26,129 (Engineering). In the Business Edition, Switzerland is the clear leader in the expected salary rankings with an expectation of €49,921. Denmark is the clear leader in the Engineering Edition with €53,319. In contrast to this,

Romanian business graduates expect to earn no more than €9,332 and Slovakian engineering graduates expect to earn no more than a salary of €11,737 in their first job.

When it comes to the expected working hours, Portuguese students are placed above average. They currently expect to work 45.3 hours (Business) and 44.6 hours (Engineering) per week. The upper and lower limits are set by Finland (41.4 h) and Switzerland (48.3h) for the Business Edition and The Netherlands (41.5h) and Switzerland (45.9h) for the Engineering Edition.

The Graduate Barometer is an annual study which has just been carried out by the trendence Institute for the seventh time among university students who are about to complete their degrees and enter the workforce. This barometer study is the largest of its kind covering 22 European countries and incorporating the responses of over 196,000 students (including 67,500 business students and 74,500 engineering students) from over 770 universities.



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# Company bad debt up 100 percent



While economic indicators have in recent weeks consistently been pointing towards an earlier than expected recovery, thousands of Portuguese companies are still struggling to repay bank loans, with bad debt now amounting to 4.29 billion euros.

With the bad debt of companies soaring to 4.29 billion euros by the end of June, personal debts deemed to be bad by national banks rose at a slower pace to

reach 3.65 billion euros.

This figure for individual borrowers is up almost 34 percent compared with the amounts owed 12 months earlier.

However, it is among companies where difficulties are most notable, with debt which banks believe they might not be able to recover more than doubling in the space of just one year - rising from a figure of 2.15 billion euros to 4.3 billion euros.

According to latest bank data, bad debt incurred by companies is now rising at a figure of around 7 million euros each working day.

## Probe into failed Angola bid to buy stake in Banif bank

Portugal's Attorney General's office is investigating allegations that the Angolan government paid €104 million to buy a shareholding in Portuguese bank Banif but never received any shares, officials have said.

Ambassador Jose Marcos Barrica, Angola's envoy to Lisbon, told the Lusa News Agency last week Portugal's prosecution service is investigating a complaint by the

Luanda government that it never received any of Banif shares it paid for.

Luanda says it bought a 49 percent stake in the Madeira-based bank. *TPN/Lusa*

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An archive photo of the 'Os Alexandres' grocery store in Seixal south of Lisbon which adopted the measure of publicly listing money owed to it by shoppers to whom it had granted credit. (Photo: Lusa/Tiago Petinga)

## Workers entitled to subsidies for late wages

If a salary is paid 15 days after the normal deadline or later the employee affected can, as well as suspending their contract with employers, receive unemployment subsidies for the duration their contract is suspended for as well as being exempt from paying housing rent.

Unemployment subsidies can be claimed for the duration the salary is unpaid as long as a request is made within five days of the salary delay surpassing the 15-day tolerance period, which would in effect be 15 to 20 days after the wage should have been paid.

Subsidies will be one payment for every three months unpaid by employers and also applies if contracts are suspended by companies in financial difficulties, or the company closes, for a period of more than 15 days.

Implemented in a recent law change, the subsidy further covers workers who do not receive compensation in cases of being laid-off, which should be two-thirds of their total monthly wages.

Another advantage introduced by the change is that from the moment an employee's contract is suspended and it can be proved that they have, for a determined duration of time, not received any payment, their home rent will be waived.

A document published confirming the law change stated "The possibility of being evicted from a rented property for lack of payment will be suspended when those facing eviction can prove their salaries are more than 15 days late in being paid".

Rental payments will be settled from the moment the subsidies are approved and, if those affected by the non-payment of salaries have other outstanding debts, which could incur belongings being confiscated by bailiffs to be pawned, the pawning will also be postponed.

Subsidies will be footed by the Social Rescue Fund, part of the Social Services' Financial Management department, while the prevention of eviction, pawning and the protection of debtors' identities, as well as the full amounts they owe due to not receiving their salary, and other personal details are ensured by court order.

Legal opinions confirm that this

new protocol will reinforce workers' rights, but argue that it creates extra work for the Social Services.

"These workers are still legally bound to a company or business, and are not unemployed, but they will benefit as such, which, when added to the number of people who actually are unemployed, is added weight for the Social Services", said lawyer Cláudia Vieira.

According to the Authority for Working Conditions, in June, 10,000 Portuguese were not receiving a salary despite being employed. Official figures for January to August 21<sup>st</sup> this year estimated some 15,063 workers were affected by lay-offs.

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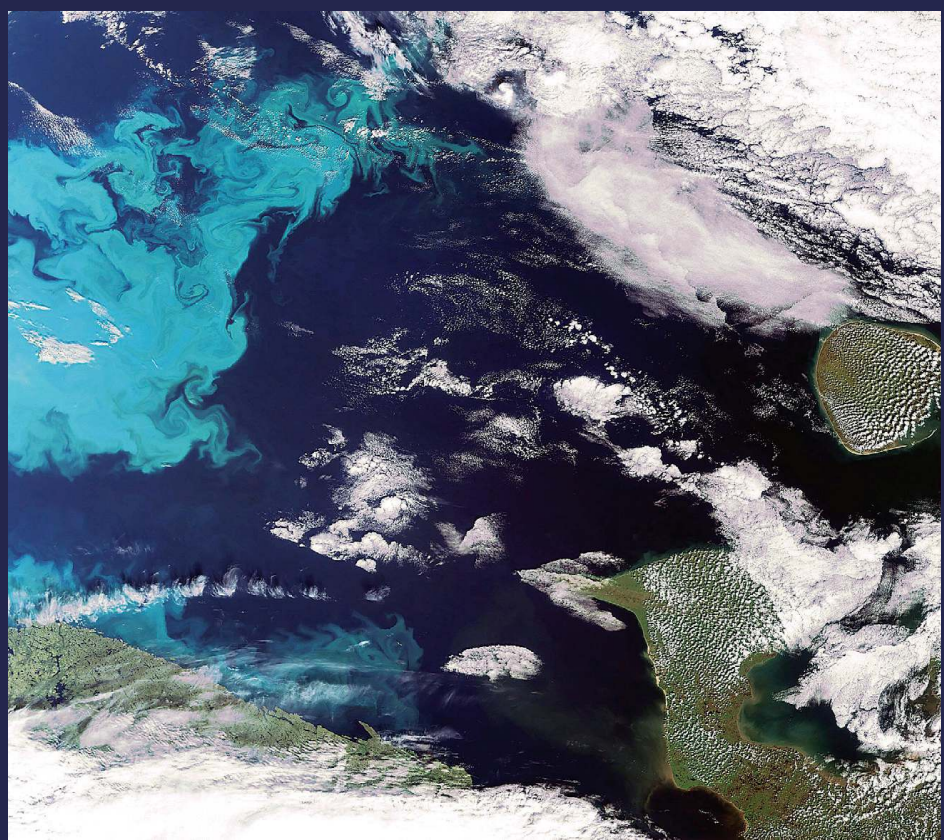
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# The Northern Passages



A plankton bloom stretching across the Northeast Passage in the Barents Sea, a rather deep shelf sea with an average depth around 230 m. The body of land in the bottom left is comprised of Finland (left) and Russia's Murmansk Oblast (right). The round island in the bottom right is Kolguev Island, located some 70 km off the mainland in the Barents Sea. Kanin Peninsula is visible to the southwest of Kolguev Island. (photo: EPA/ESA /Lusa)

Early next week two German-owned container ships will arrive in Rotterdam from Vladivostok in the Russian Far East, having taken only one month to make the voyage. That's much faster than usual – but then, they didn't take the usual route down through the South China Sea, past Singapore, round the bottom of India, through the Suez Canal (pay toll here), across the Mediterranean and up the west coast of Europe. They just went around the top of Russia.

It's the first-ever commercial transit of the Northeast Passage by non-Russian ships, and it shortens the sea trip between East Asia and Europe by almost a third. It's the melting of the Arctic sea ice that has made it possible, although for the moment it's only possible for a couple of months at the end of the summer melt season, when the Arctic Ocean's ice cover has shrunk dramatically. But it is a sign of things to come.

The voyage is more evidence that climate change is well underway, and will strike the Arctic region hard. But it also shows that all the fuss about the Northwest Passage is irrelevant.

It's the Northwest Passage, another potential short-cut between Europe and East Asia that goes through the Canadian Arctic archipelago, that has got the attention in the past few years. Although ice-breakers have traversed it from time to time, no ordinary commercial ship has ever carried cargo through it. But when the Russians put on their little propaganda show at the North Pole two years ago, the Canadian government had kittens.

In 2007 Artur Chilingarov, a Russian scientist famous for his work in the polar regions and personal Arctic adviser to then-president Vladimir Putin, took a mini-sub to the North Pole and planted a Russian flag on the seabed. Canadian prime minister Stephen Harper immediately flew to Iqaluit in the high Arctic and responded with a rabble-rousing speech.

"Canada has a choice when it comes to defending our sovereignty in the Arctic," he said. "We either use it or lose it. And make no mistake: this government intends to use it." He then announced a programme to build six to eight armed Arctic patrol vessels to assert Canadian control over the Northwest Passage, and a deep-water naval base on Baffin Island to support them.

"I don't know why the Canadians reacted as they did," Chilingarov told me a few months later in Moscow, and on the face of it he had a case. After all, Russia has no claims over any land or water that might conceivably belong to Canada, and Canada makes no claim on the North Pole. But Chilingarov actually understood the game that Harper was playing quite well.

Canada's dispute over sovereignty in the Northwest Passage is actually with the United States, not with Russia. The Russians have absolutely no interest in the Northwest Passage, since they have their own rival, the Northeast Passage. But the United States used to believe that the Northwest Passage could be very useful if it were ice-free, so Washington has long maintained that it is an international waterway which Canada has no right to control. Canada disputes that posi-

tion, pointing out that all six potential routes for a commercially viable Northwest Passage wind between islands that are close together and indisputably Canadian. But Ottawa has never asserted MILITARY control over the Northwest Passage until now, because to do so would risk an awkward confrontation with the United States. However, if you can pretend that you are building those warships and that naval base to hold the wicked Russians at bay, not to defy the Americans....

That is Harper's game, and he now visits the high north every summer to re-assert Canada's sovereignty claims. But in the end it will make no difference, because the Northwest Passage will never become a major shipping route. The Northeast Passage is just too much easier.

The problem for Canada is that all the routes for a Northwest Passage involve shallow and/or narrow straits between various islands in the country's Arctic archipelago, and the prevailing winds and currents in the Arctic Ocean tend to push whatever loose sea ice there is into those straits. It is unlikely that cargo ships that are not double-hulled and strengthened against ice will ever get insurance for the passage at an affordable price.

Whereas the Northeast Passage is mostly open water (once the ice retreats from the Russian coast), and there is already a major infrastructure of ports and nuclear-powered ice-breakers in the region. If the distances are roughly comparable, shippers will prefer the Northeast Passage every time – and the distances ARE comparable.

Just look at the Arctic Ocean on a globe, rather than in the familiar flat-earth Mercator projection. It is instantly obvious that the distance is the same whether shipping between Europe and East Asia crosses the Arctic Ocean by running along the Russia's Arctic coast (the Northeast Passage) or weaving between Canada's Arctic islands (the Northwest Passage).

The same is true for cargo travelling between Europe and the west coast of North America. The Northwest Passage will never be commercially viable.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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## On-the-spot fines charged twice



Numerous cases have emerged of drivers who are caught committing offences and fined on-the-spot by traffic police (formerly GNR) then some months later receive a letter claiming they need to pay the fine despite having paid it immediately at the time of the offence.

The situation was brought to light following the case of a social security worker who received a letter stating she had an outstanding fine to pay, eight months after having paid a €120 on-the-spot fine for talking on her mobile phone while driving. The letter was seeking payment for the same offence, as well as settlement for administration fees with a warning that failure to pay could result in being taken to court.

Dozens of other identical situations later emerged, which the National Road Safety Authority (ANSR) has said are due to "technological mistakes".

A ANSR spokesperson confirmed the situation to Portuguese newspaper *Diário de*

*Notícias*, saying "this anomaly happened because at the moment the decision was made [for police to fine the offending driver on the spot] the subsequent payment was not registered by ANSR's computer systems."

"The offenders, upon being notified by ANSR to make the payment, can contact us, provide proof of payment, and the notification will be revoked".

Drivers experiencing these situations have flocked to PSP public security police stations to report the incidents.

"Drivers go to the PSP police and report these notifications and as they do not know what has been happening their suspicions are raised", the source explained.

In one PSP police station ten identical complaints were registered.

"Drivers come here thinking that the traffic police are pocketing their money, because they paid a fine at the time but are then being told otherwise", a PSP officer said.

Such complaints have been documented from the north to the south of the country and in some cases date back over two years.

According to the PSP police, ANSR's official explanation is 'unconvincing'.



Traffic police issuing an on-the-spot fine on the A1. (Photo Paula Cunha/Lusa)

## New York cork fashion 'Made in Algarve'

Fashion items including clothing garments and accessories made, by an Algarvean company, of regional cork are being showcased in a prestigious New York event named the 'Eco Luxury' exhibition, which promotes high-fashion eco-friendly designs.

Dedicated to manufacturing products of 100 percent Algarvean cork, the company, Pelcor, was founded six years ago and was invited to participate in the event, which takes place in a restaurant on New York's famous 5th Avenue.

Pelcor uses prime materials like bark to create items including clothes, umbrellas, and watches.

Amongst other cork characteristics that led to the 'Eco Luxury' organisers extending an invitation to Pelcor is the fact that cork is waterproof, eco-friendly, and its use for everyday items is innovative.

Pelcor's products, which are

gaining an international following, can be found on sale in prominent cities including Paris, London, Montreal, Toronto and Oslo.

Recently a Saudi Arabian princess ordered 110 kilos of Algarvean cork to be delivered to her home in Riyadh, the Saudi Arabian capital, where it was transformed into personalised table mats.

The 1,500 customised table mats made exclusively for the palace launched Pelcor in the Arab states, where it now enjoys a healthy demand, as well as helping to internationally promote products that are 'Made in Algarve'.



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# What is a Hard Drive and why is it so important?



A computer Hard Drive is the main storage unit inside a PC. It is a permanent storage component unlike RAM (Random Access Memory). It is possible for your PC to function without a hard drive; however it would be basically useless to you as you would not be able to install an Operating system or programs and where would you store all your pictures, movies and data?

Hard drives use circular cobalt-based alloy platters to store data on. They are in pristine condition with a mirror like finish. These platters are locked away inside a steel casing in a vacuum sealed environment as unclean air can easily ruin a hard drive. For this reason you should never remove the casing from a hard drive as you will probably render the Hard Drive useless.

On each of the platters there is a thin layer of magnetic film. Data storage on hard disks is very similar to that of a cassette tape. Data is stored in many 1's and 0's. These binary digits are arranged in different ways to represent different characters. When these are read back by the head the data is retrieved and processed.

For a Hard Drive to function correctly a file system is needed so that your PC can store data on the disk. The most common file systems are FAT16 for older computers, FAT32 and NTFS. FAT stands for File Allocation Table. NTFS stands for NT File System. Both have advantages and disadvantages. FAT16 was a very limited file system in the way that it would store data very inefficiently; every file would take up a minimum of 32KB in space as this was the minimum cluster size in a FAT16 system. Also it was only capable of recognizing hard disks up to 2GB in size. FAT32 solved this problem by reducing the cluster size to 4KB which saved a lot of wasted space and also allowed

disk sizes up to 2TB (Terabytes). NTFS is far greater than any of the FAT file systems. The cluster sizes can be altered to anything as low as 512Bytes which means almost no wasted space on the hard disk. The maximum disk size is an unbelievable 18 billion Gigabytes. NTFS also has added security for file loss.

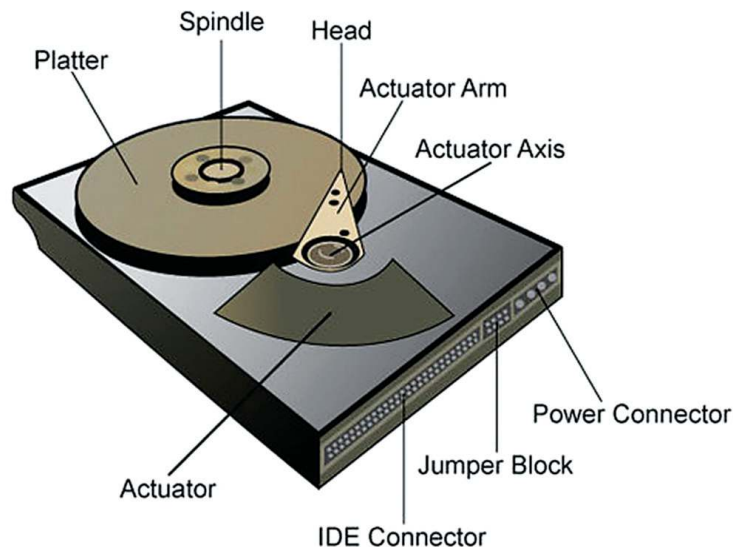
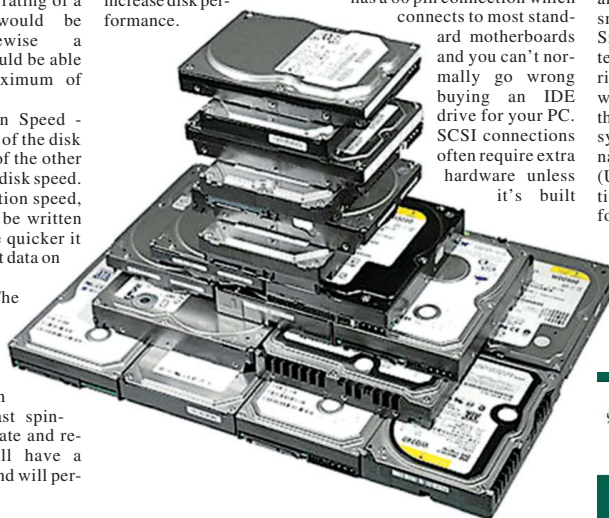
Another important factor is the speed of a Hard Drive which can be measured in maximum data transfer rate, the spindle rotation speed and the seek time.

**Maximum Transfer Rate** - This is the highest amount of data that can be transferred per second. Common forms of hard disks come with an ATA format. The speed rating of a ATA100 disk would be 100MB/s. Likewise a SATA150 disk would be able to transfer a maximum of 150MB/s.

**Spindle Rotation Speed** - The rotation speed of the disk really is the basis of the other two factors of hard disk speed. The faster the rotation speed, the more data can be written per second and the quicker it is to find the correct data on the platter.

**Seek Time** - The seek time of a hard disk is the average time it takes for the disk to find the data you need on the platters. A fast spinning, highly accurate and responsive disk will have a shorter seek time and will perform much better.

A common problem with Hard Drives is that they become fragmented. As you use your computer daily files get written and deleted constantly from the disk, either by yourself or by the operating system creating and removing temporary files. This process leaves the disk in a no sort of order state, so when new files are written to the disk they start to get written in the gaps on the disk. The fact that single files are written in different parts of the disk means that the disk has to go round reading different parts of the drive instead of just streaming the data straight off the disk. The defrag program within windows sorts out the order of these files to help increase disk performance.



Currently there are 4 types of Hard Drives on the market. IDE (ATA), SCSI, Serial ATA (SATA) and USB. The most common is the IDE interface but SATA drives are replacing these older units on newer PC systems. The IDE interface has a 80 pin connection which connects to most standard motherboards and you can't normally go wrong buying an IDE drive for your PC. SCSI connections often require extra hardware unless it's built

into your motherboard. SCSI hard disks are often faster but more expensive than their IDE counterparts. Serial ATA does away with parallel data transfer which has its problem of large wires and electrical interference. The Serial ATA standard is more reliable and uses smaller un-obtrusive wires. Smaller wires also means better air flow for your case. Serial ATA hard drives can also work faster at a higher data throughput giving your overall system a speed boost. The final connection type is the USB (Universal Serial Bus) connection. This connection is used for connecting external hard drives to your machine. While not as fast as the internal Serial ATA connection, it has the usefulness of being able to disconnect easily from the PC and taken

to another PC and plugged straight in. Perfect for storing a lot of files to be used on multiple computers.



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## Algarve's cliffs to be demolished

Either before November this year or as of February next year 13 controlled interventions will be carried out along the Algarve's coastline to demolish what are considered dangerous areas, where cliffs hazardously overhang beaches.

This is an attempt to avoid a reoccurrence of what happened last month on Albufeira's Maria Luísa beach when large rocks broke away from the main cliff face and crumbled onto sunbathers below, killing five people and injuring several others.

The intervention was confirmed last week by the Regional Hydrograph Board (ARH Algarve), which re-

ated "there is no imminent risk of cliffs collapsing".

ARH Algarve said the action "is being planned for now, during the winter months, as it is during winter that the tides are more severe".

Following the incident experts were assigned to verify whether there are more areas at risk of suffering a repetition of the tragic accident. As a result 13 beaches across the Algarve were

identified as potential risks.

Experts returned to those areas last week to see if a small earthquake that was detected in the region last Tuesday had affected their structural safety, but no changes were reported.

"At this moment there are no situations that have evolved unfavourably", said Valentina Calixto, head of the ARH Algarve.

## World march for peace and non-violence



Tavira has started an Algarve Peace March Association, so that it can participate in the World March for Peace and Non-Violence starting in New Zealand on 2nd October 2009 and finishing in the Andes Mountains of Argentina on 2nd January 2010 – 90 days of marching and events throughout the world.

The idea for a world march came from the initiative 'World without Wars' launched by the Humanist Movement, to raise awareness globally of the urgent need to eradicate violence in all its forms.

Everyone is invited to support this project throughout the Algarve by first signing up to our website at [algarvepeace.march.webs.com](http://algarvepeace.march.webs.com) and then organising events and projects in your area during the 90 days and sharing them with the rest of Algarve.

Display and distribute publicity leaflets and brochures, which can also be found online at [www.theworldmarch.org/docs/por/MMfolletoInstB-PORv1.pdf](http://www.theworldmarch.org/docs/por/MMfolletoInstB-PORv1.pdf). Please support the petition by signing your agreement with the aims of the World March both online and from your public offices, also displaying the notice about this and making available forms to sign.

Don't forget to tell everyone on your mailing list about the World March for Peace and Non-Violence, there are three website's you can use: [www.theworldmarch.org/index.php?lang=eng](http://www.theworldmarch.org/index.php?lang=eng) and

[www.theworldmarch.org/index.php?lang=por](http://www.theworldmarch.org/index.php?lang=por) (Portuguese version), also Marcha Mundial [www.marchamundialpt.org/](http://www.marchamundialpt.org/)

Anyone can join in with Hands Across Algarve; to make a human chain along the Eco Route - date to be announced - and join the official world marchers when they reach Lisbon - date to be announced.

The 'startup event' is 'Tune in Tavira' on 2nd October 2009, linking with [www.tunetheworldmarch.ning.com](http://www.tunetheworldmarch.ning.com), and the final big event will take place in a major venue on 2nd January 2010.

For further information contact: Lyndal Bale at: [tomlynbale@sapo.pt](mailto:tomlynbale@sapo.pt), tel. 281 963 067 or

968 123 834, and Lynne Booker at: [lynnbooker@iol.pt](mailto:lynnbooker@iol.pt) or tel. 281 971 567

(Special thanks to the Casa do Povo, Santo Estêvão for their assistance.)

## Double bill

To be staged by A Portada Theatre Group at Teatro Lethes in Faro and the Lagoa Auditorium, Tom Stoppard's satire 'The Real Inspector Hound' and 'Snakes and Ladders', a one-woman show written and performed by Nicky Moran.

Already seen in various local restaurants – featured as part of a theatre dinner evening – Nicky's portrait is of Margaret Draper, a down-and-out, recently rehabilitated by Social Services. Praise has been heaped upon the Nicky's witty script and performance, which deservedly can now be seen on stage.

It is appropriate to wonder what theatre critics, Moon and Birdboot, might have made of 'Snakes and Ladders'? They are the main characters in 'The Real Inspector Hound,' as played by Simon Tubb and Nigel Barber.

Reviewing a whodunit detective drama the two pompous critics use every jargon-ridden

cliché to sum up their opinions. On stage six other members of the cast act out a stereotypical murder mystery parodying Agatha Christie's long running play, 'The Mousetrap.'

Exploring the comic potential of theatre within theatre, there are hilarious results when the critics cease to be members of the audience and become entangled in the on-stage action.

A Portada's interpretation of the complex script runs with clockwork precision taking every opportunity to embellish the humour and amuse the audience.

Directed by Priscilla Morgan. Other members of the cast include Rob Darbyshire, Marcia



The cast of 'The Real Inspector Hound'.

Meeuwissen, Nicky Moran, Mike Reeve, Touche Smyth and Simon Tancott

Performances: Teatro Lethes, Faro, Friday 9th and Saturday 10th October at 8pm and Sunday 11th at 5pm.

Municipal Auditorium, Lagoa, Friday 16th and Saturday 17th October at 8pm and Sunday 18th at 5pm.

Adults €12/Children & Students €7 available at the door or by phone: 911 058 191 or email: [aportadatheatregrp@yahoo.com](mailto:aportadatheatregrp@yahoo.com)

\*Proceeds from ticket sales on Friday 16th will be donated to the Run4Rod appeal providing a kidney transplant and ongoing after care for Rod Smyth in the UK.

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# Portimão port prepares for busiest week to date



Between September 18<sup>th</sup> and 25<sup>th</sup> Portimão's port will experience its busiest week to date, when it expects to receive five cruise ships over eight days, bringing with them nearly 7,000 visitors.

A total 4,959 passengers plus 1,985 crew are to visit the city, which is fast becoming one of Europe's main ports of call thanks to its strategic positioning between the Atlantic and the Mediterranean.

First to visit Portimão is Marine Universal's vessel 'Vistamar', which will be carrying 295 passengers and 110 crew who are sailing between Lisbon and Seville.

Following the same route on September 20<sup>th</sup> is Thomson Cruises' 'Thomson Destiny', which will dock in Portimão with 1,504 passengers and 525 crew on board. The next day Holland America Line's 'Rotterdam' will dock with 1,316 passengers and 600 crew, visiting Portimão

while sailing between Lisbon and Cadiz.

On September 23<sup>rd</sup> the 'Thomson Spirit' (also belonging to Thomson Cruises) will visit Portimão with 1,254 passengers and 520 crew, midway between its Lisbon-Gibraltar route.

Finally, on September 25<sup>th</sup> Transocean Tours' 'Astor' will sail into Portimão's port for a visit, bringing with it 590 tourists and a crew of 230, before carrying on to Cadiz, Tangier, Malaga, Almeria, Barcelona finalizing the trip in Nice.

Meanwhile Portimão's up-and-coming port was featured at the European Seatrade Exhibition, which took place in Hamburg from September 15<sup>th</sup> –

17<sup>th</sup>, in Hamburg, Germany. The European Seatrade Exhibition is the largest event of its kind this side of the Atlantic and would have cemented Portimão's growing profile as an important destination on the international cruise circuit. Other Portuguese ports such as Lisbon, Leixões and the Azores were also featured at the event.

## Jet2.com's successful Algarve campaign

A promotional campaign carried out by Jet2.com to encourage passengers to visit the Algarve has had astounding results with more than 100,000 Brits having flown to this region this summer. In total around 110,000 Brits visited the Algarve during the months of May and June, with 25,000 holiday packages having been sold.

The Internet, outdoor publicity and the written press were all used as vehicles in promoting Jet2's Algarve campaign, mainly in the regions of Manchester, Leeds and Blackpool.

The campaign was devised by Jet2.com and the Portuguese Tourism Board using part of the budget freed up by the Government to boost the flow of tourists from the UK to Portugal.



The mouth of Portimão Port. (Photo: CMP/Miguel Veterano)

## Hollywood hits the Algarve



Picture Portugal, in association with the Algarve Film Commission and Portimão Council, presented one of Portimão's most ambitious projects yet last week, which seeks to bring international movie stardom to the region by building massive film studios in the city, near the Portimão Arena.

The project came alight in 2007, when Joaquim de Almeida, a successful Portuguese actor/producer, had the idea to make the Algarve a centre for film making in Europe. It may sound quite odd, but in reality Portimão is as close to Hollywood as New York is; making Portugal a definite place of interest for mega film producers, for reasons such as its climate and luminosity, a variety of locations (beach, sea, rivers, mountains, forests) within a small area, good accessibility, the Portuguese population's good interaction with foreigners, competitive wages for qualified labourers, and the country's social/economic/political stability.

The initial €200 million for the construction of the film studios in Portimão is seen as a cultural and financial investment, as having international films made in Portugal will put the country in the limelight, attracting more tourists all year round, as well as creating thousands of jobs.

To ensure every measure has been taken whilst creating the project, the Algarve Film Commission (AFC) and Picture Portugal has made direct contact with Los Angeles to see what interest they have in the region, what are the best infrastructures to build and what type of studios would suit the region best. For this, the AFC made great use of their international contacts, of which names such as Warner Brothers and Disney are part of, and plans for the first phase of the film studios were made. These include the construction of five soundstages, a small backlot, an enormous water tank, an administrative building and a

small projection cinema near the Portimão Arena, in Portimão. The construction of a very large backlot is to be built in Mexilhoeira Grande later, in the second stage of the project.

The Picture Portugal project will boast top of the range equipment for production and post-production of films, television shows and national/international advertising.

One of Picture Portugal's main priorities of this project is for film producers to source local technicians for the making of movies, which will generate thousands of jobs in the region and promote new opportunities.

At the presentation of Picture Portugal's plans were renowned names in the movie industry, such as Anthony Wayne (Executive producer of many Hollywood blockbusters, such as the James Bond films Quantum of Solace and Casino Royale), Matt Cimber (Hollywood Director and Producer), Richard McGuire (Art Director), Sanford Hampton (Producer) and Lynn Fero (Vice-Chairman of CBS). "This complex will be very good. It is a good asset for Portimão, Algarve and Portugal" said Anthony Wayne, supported by Richard McGuire "This is a wonderful new future for Portugal." Matt Cimber admitted "This will generate more jobs than you can imagine."

Lynn Fero, Vice-Chairman of CBS, had a nostalgic look back at Hollywood's past, and believes Portimão can also be a major success, if the cards are played right.

The first phase of the project is planned to be ready by 2011.

## Health and Safety shuts Faro's Soup Kitchen



Faro's social diner, the 'Sopa dos Pobres', which provides over five hundred meals a day to the needy, was this week closed down by ASAE (Health and Safety) for not meeting the authority's strict hygiene conditions.

A sign on the soup kitchen's door reads as follows: "We are sorry to inform that, after being closed by ASAE, this social diner can no longer serve meals for an undetermined time."

Candeias Neto, one of the Santa Casa da Misericórdia's employees, explained that the premises had been fumigated one day before the ASAE's inspection, the reason why there were a few dead cockroaches on the floor. "In a place with over 400

years of existence it's natural that we have cockroach problems related to the sewers, and the reason why from time to time we fumigate the premises" explained the employee.

Before the enforced closing, the social diner served between 500 and 600 meals a day at lunchtime.

Santa Casa da Misericórdia's provisional location is now it's kindergarten, located near the Aboim Ascensão Refuge, which

only has the facilities to cook up to eighty meals, but has nevertheless managed to serve up to 600 meals a day this week.

The Santa Casa is making all the necessary improvements demanded by ASAE, regarding the walls and floors, in order to open by the beginning of next month.

Candeias Neto was upset by the whole situation: "It's a shame they [ASAE] don't put people first."

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Delfim Mayer, manager of MVP (Mobility, non pollutant vehicles), a company that rents out electric bicycles in Sintra, stands outside one of the rental points in Sintra. (Photo: Miguel A. Lopes/LUSA)

## Lisbon bicycle friendly



Lisbon will have around 40 kilometres of cycling paths throughout the City by the end of September, according to the Public Spaces Councillor. With recent construction work, it is now possible to cycle from Belém to Cais do Sodré, and between Benfica and Campolide.

José Sá Fernandes, Public Spaces Councillor, estimates that, in two years, Lisbon will be equipped with approximately 90 kilometres of cycling paths, as part of the 'Smooth Mobility' project.

"This is not an isolated proposal. A shared bicycle network project has gone to public tender and will be completed with the 'Zonas 30', where bicycles share the same highway with cars [a 30km stretch]" said the Councillor.

It is now possible to cycle between Benfica and Campolide

and from Belém to Cais do Sodré.

A circuit connecting Palácio da Justiça to Campo Grande, going through Campolide, Benfica, Carnide, Telheiras and Lumiar, will be ready by September 23<sup>rd</sup>, assured Sá Fernandes, adding that construction will soon begin to link Telheiras to the Expo grounds as well.

The cycling paths are estimated to cost €5million, although the Council is hoping to spend only €2million as the QREN funding programme and sponsors will alleviate the costs.

## Unhappy Meal at McDonald's

Four men stormed into a McDonald's restaurant, located at the Segunda Circular motorway, in Lisbon, in the early hours of Wednesday morning and held all the restaurant's ten employees hostage before getting away with an undetermined amount of cash from the safe.

With guns and shotguns in hand, the four masked assailants stormed into the McDonald's restaurant with one purpose in mind, getting into the restaurant's safe.

The manager was on his way out, the McDrive closes at 4.00am, when he was confronted by the four individuals and was forced back inside with the guns pointed at him, whilst receiving death threats. A total of ten employees were held hostage for around fifteen minutes, whilst the gang forced the manager to open the restaurant's safe, with its location already known to the robbers.

After robbing an undetermined amount of cash from the safe, the assailants knocked the manager out with the butt of a shotgun and fled in a dark coloured BMW, which had a getaway driver in it.

## Accidents pinpointed by GPS



Lisbon's PSP and GNR are now pinpointing accident locations with GPS systems in order to identify 'black spot' areas and roads.

A total of eighty GPS units have been issued for both GNR and PSP officers, split equally, so that authorities can gather data, from road accidents involving injuries, with precision.

Representing a €20,000 investment from the Civil Government, officers are now able to accurately reference accident areas with latitude and longitude readings, as well as showing a photograph of the location.

The State Secretary for Internal Affairs, Rui Sá Gomes, ex-

plained that the Road Accidents Geo-referencing project is a practical way to make decisions when it comes to road improvements, in order to reduce the number of accidents. He also defended the security forces' project, reminding that "there are wars that kill less people than road accidents" and despite "the number of victims falling, it is still a national dilemma."

Paulo Marques, Chairman of the National Authority for Road Safety (ANSR), is pleased

the project is going so well, and that "it will be extended to a national level" in the near future.

According to Lisbon's Civil Government, road accidents in 2007 and 2008 have forced authorities to place speed traps on the IC19, on Comandos da Amadora straight and near Queluz, and on the A5 in Oeiras; due to over 35% of the accidents on these roads being caused by people driving with excessive speed.

## Cascais invests in green spaces

Cascais council recently revealed it will be investing €5million in 50 hectares of green space within the council.

According to the Cascais Environment Company, the investment will allow the construction of forty new garden areas and the renovation of a further 100, with the work thought to be com-

pleted by the end of October. Carlos Carreiras, Cascais' Deputy Mayor, explained that the investment has been made to create new neighbourhood friendships outside of people's homes:

"Small renovations that take place in neighbourhoods, introducing new facilities, transforms them into meeting places, not only for children, but also for the elderly."

## New motorway section opened

Lisbon and Oporto are now connected by two motorways, after the opening of the last stretch of the Silver Coast motorway, between Estarreja and Angeja, on Friday 11<sup>th</sup> September.

The new section of the A29 motorway, connecting with the A25 (Aveiro/Vilar Formoso), the A17 (Marinha Grande/Aveiro) and the A8 (Lisbon/Leiria), completes the alternative connection to the A1 between Oporto and Lisbon.

Mário Lino, Minister for Public Works, visited the thirteen kilometre stretch of road, which cost €50 million, on its inauguration day.

This stretch of road is the first

major national project of energy efficiency, and it is also the only motorway in Europe to be illuminated only by LED lights (very low energy consumption lights).

The AENOR Group, part of the Mota-Engil Group, has constructed over 850 kilometres of motorways in Portugal, in six different concessions: North, Silver Coast, Beiras Coast and Alta, Greater Oporto, Greater Lisbon and Inland Douro.

## Americans in Portugal

Americans in Portugal announces a date change for its first seasonal Luncheon to TUESDAY, September 29, 2009, in Cascais.

Greetings and Salutations to all expatriate Americans, friends, visiting guests, English-speaking Portuguese, and Nationals of all countries. I hope you had an enjoyable summer and are ready for an exciting season of Americans in Portugal Luncheon programs.

We are proud to announce that our first program speaker will be Mr. Alexander Ellis, the British Ambassador to Portugal.

Mr. Ellis became Ambassador to Portugal in 2007, after a distinguished career in government, where he was an Advisor to the President of the European Commission, responsible for energy, climate change, competition, development and trade. He also advised on medium-term strategic issues. He represented the UK in Brussels, as First Secretary, covering the negotiation to establish the euro, the seven-year budget, and institutional issues including the Treaty of Nice.

The British Embassy, with a team of 18 UK-based experts, and a Portuguese staff of 40, represents the interests of the British Government in Portugal to inform and influ-

ence the Portuguese on all matters where British and Portuguese interests overlap, particularly relating to the European Union and NATO.

Mr. Ellis will speak on British relations with America and President Obama's administration, the British commitment to continued participation in the war in Afghanistan, security issues, and other topics of relevant importance to foreigners living in Portugal.

The Luncheon will take place at the Cascais Cultural Centre Restaurant, beginning at 12:30 p.m., and will be hosted by Mizé and her excellent serving staff. We'll enjoy an all-you-can-eat 20+ item delicious Buffet of meat and fish dishes, vegetarian salads, fruit, desserts, and choice of red or white wine, soft drinks, coffee, tea and bottled water. No one has ever left hungry! The program costs 25€ payable in cash at the door. Reservations, which are necessary, and will be confirmed, can be made by replying here or to me at ddprice98@hotmail.com; or telephoning me at 918 155 116.

The absolute reservations deadline is noon, Friday, September 25<sup>th</sup>. We're expecting a large turnout, so plan to arrive early for a glass of wine or soft drink, and welcome Ambassador Ellis.

## Global beach cleanup initiative

Healthy outdoor exercise and great fraternal togetherness will be assured during the beach cleanup, which will be taking place on September 26<sup>th</sup>, between 9-12, at the Abano beach. The meeting point is at Restaurante Abano,

gloves and bags will be provided. A picnic will be held immediately afterwards (optional), bring your own picnic lunch! Location: An easy way to find it is to put these coordinates into Google Maps: 38.740486, -9.472189

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## Monte da Palhagueira Village, A Perfect Place to Retire

Most elderly expatriates dread the moment when the thought of illness or being infirm could force them to leave their homes and the life they have made for themselves. The international award-winning retirement village Monte da Palhagueira is a concept that can provide security and peace of mind in retirement.

Monte da Palhagueira is part of the Amesbury Group, very much a family run business founded and headed in 1972 by Mary Cornelius Reid A.M. M.B.E. with retirement developments and nursing homes in the United Kingdom as well as Portugal. Mary has always understood that people require care according to their individual needs as they progress along the journey of life into old age.

Monte da Palhagueira Village is situated on a rural hillside close to the charming market towns of Loulé and São Bras de Alportel, and only 20 minutes drive from Faro and its international airport.

The 34 individually styled properties include apartments, town houses, bungalows and villas having 1, 2 or 3 bedrooms, most with bathrooms en suite and some with lakeside settings. The village properties are set in 22 acres of mature landscaped gardens with a large variety of trees, shrubs and colourful plants along with a lakeside pergola, pools and fountains, all providing a delightful landscape to enjoy.



A large range of amenities are on offer including a village hall where the residents, should they wish to do, so can socialise at coffee mornings, quiz or wine evenings. In addition there are two swimming pools, a tennis court, a putting green, restaurant, hair salon, laundry, physiotherapy unit, doctor's surgery and a mini bus service for weekly shopping excursions. A minimal service charge is payable for house and garden maintenance and domestic help.

A prominent feature of the village is St Luke's Church, built by Mrs Cornelius-Reid in memory of her late husband John. Apart from Sunday worship, concerts to benefit local charities are also held there.

Central to the village is the 22-bed nursing home, renovated from the original Manor, retaining its original

charm and character. The nursing home is staffed by fully qualified English speaking nurses, offering village residents the peace of mind that medical facilities and assistance is available 24 hours a day should they need it.

All properties are available under a unique lifetime occupancy scheme whereby the purchase price of the property will be repaid in full upon termination of the contract.

To appreciate more of what Monte da Palhagueira has to offer you are cordially invited to an open day, Saturday 26th and Sunday 27th September.

## Need more storage space? Try U-STORE for size

Located in Marateca Industrial park, beside the EN 125, one kilometre from Lagos, U-STORE provides the best conditions for quality storage at the lowest prices, offering weekly, monthly or yearly rental options, paying only for the space you need with no hidden charges, no service charge and no maintenance costs.

At U-STORE you can store practically anything as long as it is not flammable, explosive, perishable or illegal.

Indoor individual units vary from 1.5m<sup>2</sup> (4m<sup>3</sup>) to 17m<sup>2</sup> (48m<sup>3</sup>) and many sizes between are available as is pallet storage. The premises are dry, clean and secure, with fully insulated walls and ceiling.

Clients hold their own key for daily access, with trolleys, pallet trucks and fork lift service available free of charge.

An insurance service option is also



provided.

Other extras include the sale of packing material and transport company contacts. Also, over the last two years the company has been operating a second warehouse located nearby which is designed to house cars, caravans, motor-homes and large, bulky items.

For more information and directions consult [www.u-store-portugal.com](http://www.u-store-portugal.com) or contact head office on mobile 917 010 365, tel/fax 282 798 490 or email [info@u-store-portugal.com](mailto:info@u-store-portugal.com).

U-STORE is located in Urb. Marateca Lote 26, Chinicato, Lagos, behind Solmate which is beside the EN 125.



## Special anniversary discounts on Aqua Pura's pool covers

Aqua Pura Lda, the pool cover specialists, now have many different types of pool covers available, including 'Bubble' covers, specific covers for winter, and summer, various standards of safety covers, roll-over, automatic, foam, and protection covers.

Consult with the specialist company to decide which one suits your requirements best.

All automatic covers are state-of-the-art but, obviously, slightly more expensive than their middle-of-the-road counterparts. Most popular are the 'Bubble covers' and roll-up systems, of which Aqua Pura boasts the smallest 'roll-up' system on the market.

Many companies now sell 'Blue Bubble' cover material, but Aqua Pura warns clients to "be careful" in this matter, and judge before you buy, as numerous Internet providers sell inferior material for low prices. These covers are generally only 400 micron and don't heat your pool any better as promised.

Bubble covers are also available in different colours, for example blue/gold blue/grey or green.

The blue 500 micron solar bubble material from Aqua Pura is fabricated by Plastica in England and is specially made for the company.

After many years of extensive testing, Plastica has developed a special

product only for Aqua Pura with extra UV inhibitor. Therefore the life time is much longer than similar covers on the market.

A good quality cover should have the following characteristics:

Made-to-measure and welded length wise, bubble to bubble, with stabilizer bars on both ends in width and reinforced endings in both lengths.

Covers should be no less than 500 microns (480 grams per square

metre), and should comprise a one-person operational four-point pulling cord, straps with buckles to keep the rolled up cover nice and tight, connection straps from cover/roller, and a strong, made-to-measure roll-up station.

Finally, and most importantly, all covers should have a UV protection cover, which is to be placed over the main cover and roller when all is rolled up. This UV cover guarantees you a long life time for your main equipment.

Aqua Pura also manufactures its own covers, rollers, straps, pulling cords, and UV protection covers. On average delivery can be done in 24 hours (in the Algarve).

Furthermore, on Saturday 26<sup>th</sup> September Aqua Pura will be celebrating its birthday so on this day only a 10 % discount is being offered on all covers ordered.



### THIS WEEK'S PROFILES



## Vila Sol Spa

For more information or to book a place in the Spa's open day, please call 289 300 550, or email [spa.vilasol@renaissancehotels.com](mailto:spa.vilasol@renaissancehotels.com).



## Aqua Pura

For more information, contact: (+351) 282 763 605, mobile: 967 025 157 / 967 465 355, or 967 465 305 in the Eastern Algarve.



## Monte da Palhagueira

Contact the village administrator Clive Roberts on: (+351) 289 990 900 for further information or to arrange a viewing of the village. Email: [montedaalhagueira@gmail.com](mailto:montedaalhagueira@gmail.com), or see website: [www.amesburyabbey.com](http://www.amesburyabbey.com)



## U-STORE

For more information and directions on U-STORE consult [www.u-store-portugal.com](http://www.u-store-portugal.com) or contact head office on mobile 917 010 365, tel/fax 282 798 490 or email [info@u-store-portugal.com](mailto:info@u-store-portugal.com).

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

## Vila Sol Oriental Therapies Workshop

The Renaissance Vila Sol & Spa is proud to introduce their Oriental Therapies Workshop, which will be taking place on October 5<sup>th</sup> at the five-star resort, in Quarteira.

It will be an event designed for everybody, locals and tourists, to gain knowledge of their spiritual, physical and nutritional needs, which are too often forgotten in this day and age. The workshop will focus on alternative therapies and how these can help all sorts of common problems, such as stress, anxiety and others.

During the day long workshop, par-

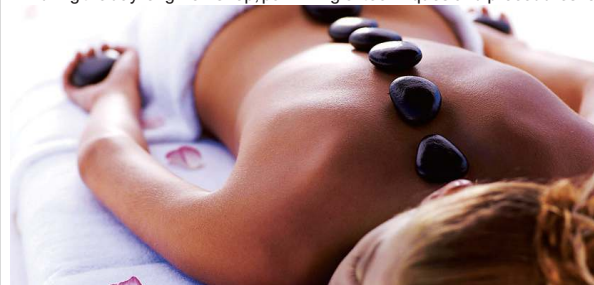
ticipants will be taught breathing techniques, meditation, yoga, acupuncture and more. At around lunch time a vegetarian food workshop will be held, with all food being prepared by a professional chef, who will provide information of all the benefits each vegetable offers whilst preparing his meals. Using ingredients that many times people don't know what to do with, the chef will give pointers and suggestions for a variety of extremely nutritional meals, all of which rich in flavour and very healthy.

Later, a theoretical workshop will

be given, where participants can ask questions related to health and nutrition to credentialed, professional European alternative therapists.

At the end of the day, a demonstration of oriental dancing will be given, showing how there exists a harmony between all the oriental therapies and the dancing techniques, and how they complement each other for a holistic experience.

The workshop is purely an educational day, with no treatment being given to participants, only the teaching of techniques and procedures for



an improved general well-being. Attending the workshop is free of charge (€10 for the vegetarian meal cooked by the professional chef), but people interested in participating must contact the spa to reserve a place as there is a limited number of participants.

This open day is an introduction to the Spa's Spiritual Retreat, a cleansing and detoxing retreat programme, which will be taking place between November 27<sup>th</sup> and 28<sup>th</sup>. It is an intensive three day course, which includes accommodation at the hotel.





L to R: Ewan Rankin, João Coruche, Alex Ellis, winner Ron Goddard, Captain Jimmy Gray, Eddie Leitão

## RBCGS play the Hotel Baia trophy

In spite of the fact that quite a lot of our members were still on holiday, the turnout for the Hotel Baia Trophy was fairly good: 33 players and 48 members attended the dinner at the Baia Hotel. After welcoming the members and non-playing spouses, the Captain welcomed the Honorary President of the Society – H.M. Ambassador to Portugal, Mr Alex Ellis. Since most of our tournaments are followed by a lunch the Ambassador is unable to attend

because of business commitments and, therefore, it was a pleasure to have his company on this occasion. The Captain was also pleased to welcome host and sponsor, Sr João Coruche, General Manager of the Hotel Baia, and on behalf of the Society, he took the opportunity of thanking João and the hotel for their generous support in the past and looked forward to enjoying the continuation of their support in the future. Also with us this evening were Peter and Karin Dekker, guests of the Zimmerli's, Werner and Sylvie Langlitz, guests of the Rankins, and Huntly and Monika Lauder, guests of Denys Stormont. After all these introductions, we all enjoyed an excellent buffet dinner which included Bacalhau Gomes de Sa and Roast Beef.

The weather, although fairly warm, was not as hot as in previous days, and, with the course still in good condition, there were many fine scores – especially that of the winner: playing off a

handicap of 5, Ron Goddard amassed 40 points – an outstanding score. With 38 points Eddie Leitão was second and Ewan Rankin with 35 points was third, after a count back on the back nine. The loser of the count back, also with 35 points, David Thomas finished in fourth place. Making up for one or two lost opportunities during the year Alex Ellis was fifth with a score of 34 points and Peter Rydin took sixth spot with 33 points. The nearest the pin competitions, both on 16th hole, were won for the Ladies by Teresa Negrão and for the Gentlemen by Alex Ellis, who was obviously in a winning frame of mind on the day. Sally Buxton won the Newstead Cup, and the winner of the Top Ten Competition was Carl Eggers and the Guest Prize was won by Karin Dekker.

Our next competition will be for the Peter Dawson Bowl which will be played on October 7th at Estoril Golf Club, followed by lunch at the Club.

## Saturday bike rides

Saturday, 19th  
September bike ride  
starts at Café /  
Restaurant O Galha in  
Vale Fuzeiros

Starting Point: Vales Fuzeiros can be reached from the N 124 Silves to Sao Bartolomeu de Messines road. If approaching from the Messines direction, leave the N124 at the junction for Amorosa, pass the village and then turn left for Vale Fuzeiros, the cafe is around 3 km along on the right hand side. Meet here at 10am for a 10.15am start. Please call if you need clarification of the directions.

Paul will be at bikeland from 9-9.15am and can take some people and/or bikes from there if required. If you need bike hire or transport, then please contact in advance so that this can be arranged.

Ride details: This weeks ride is around 39km and is mainly on quiet tarmac roads, but with some dirt tracks and single track roads also. This route has lots of variety and has a few challenging little hills, but nothing to worry about!

We pass through some beautiful quiet countryside and cycle by the castle in Silves where there will also be a cafe stop. An interesting and varied ride and one definitely not to be missed, I am sure that you will enjoy this ride.

Paul looks forward to seeing you on Saturday The cost is €5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, email: paul.beesley@sapo.pt, www.activityalgarve.com.

## Lets walk... beyond Silves

Wed. September 23<sup>rd</sup>

A moderately easy 2.5 hour walk through country lanes and orange groves.

10.00am start - meet at Cafe Casinhas. Drive over the bridge into the centre of Silves and go right. At the roundabout take the first exit towards Messines. After about 200m turn right (sign for Turismo Rural) and follow the road for 1.5km, you cross the river and the cafe is on the right.

## Lets walk... the Alvor Estuary

Sat. September 26<sup>th</sup>

A very easy 2 hour walk through the estuary, home to many birds and if the tide is low you can see the locals collecting clams.

13.30pm start - meet at the O Aquario cafe in Mexilhoeira Grande. MG is on the EN 125 between Portimao and Lagos, as you turn into the village the cafe is just up on the right.

All are welcome to come along - there is no need to book (there is a charge of €5 p/p including a donation to charity). Please bring a drink and a sense of humour. If you require more details call: Julie Statham 965 753 033 or www.portugalwalks.com

## East Algarve Walks

Tuesday & Friday mornings

For more information:  
913 595 868.  
brian@moonlightservices.eu  
www.moonlightservices.eu

copy@the-news.net

## Castelo de Sonhos 4th annual backpack appeal success

Castelo de Sonhos would like to thank everyone who made a donation to this years annual Backpack appeal.



Representative from Absolute Zero present backpacks to Celia Mossman from Castelo do Sonhos

A record total of nearly 200 backpacks will reach underprivileged children in the Algarve this year.

Promotional clothing and merchandise company, Absolute Zero provided backpacks on a non-profit basis and were able to donate an additional 100 backpacks to support the appeal. Absolute Zero would like to thank backpack manufacturer SETAS and distributor DSP, Lda for their help in making this donation possible.

Special mention to the members St. Vincents Church for the

continued support of this campaign, and to the local media for their help in the publicity of this appeal.

The backpacks will make a real difference to the children as they begin the new school year.

If you would like more details about how to support the Castelos de Sonhos charity or forthcoming events, please contact Celia Mossman on 282 332 665 or e-mail dacemoss@sapo.pt.

## A night to remember

On Friday the 11<sup>th</sup> of September, twenty eight members and friends of the Chaine des Rôtisseurs in the Algarve met for a grand dinner at the Ocean restaurant at Vila Vita Park near Porches. Our hosts, General Manager, Kurt Gillig and his top chef, Hans Neuner, had put together eight delicate and delicious courses, each complimented by an equally perfect wine.

We were greeted on a private terrace with glasses of cool, sparkling Quinta Valdeioiro 2007 and an assortment of tiny fragile morsels to amuse our taste buds before we strolled into the "Ocean" restaurant. There we were greeted once again by a spectacular view over the sea, pristine tables perfectly set and a barrage of pretty waitresses,

white cotton gloves and all, ready to attend to our every whim. Goose Liver with Passion fruit served with Coffee and Macadamia nut Brioche. Sea Bass with a Risotto of Chouriço and Baby Squid. Breasts of Pigeon with Black truffles, creamy spinach and a Black Sausage Ravioli, need one say more? Perhaps two of the most memorable wines were an unfiltered Moscatel de Setúbal from Casa Agricola Horácio de Simões 2005 and Umatham Haideboden 2000, a fine red wine from Austria which had been decanted from a pair of very impressive Jeroboams.

It was a memorable spectacular triumph of a meal. Impeccable service, wonderful company, costly yes, but then life is too short and to almost coin a phrase, it made us all feel that we were worth it.

## Thank you for a great evening

Many thanks to everyone that supported the Picnic in the Park on 6th September, once again it was a great success with €800 euros raised and presented to the Castelo de Sonhos. The music was very good

and thanks go to Graham, Daryl and Touka Moura for keeping us entertained.

A big thank you to Verna and Philip for letting us use, once again, their beautiful garden for the event.

## CHARITY TENNIS TOURNAMENT

in aid of



HELPING CHILDREN IN NEED IN THE ALGARVE

Sunday 4<sup>th</sup> October - Jardins Do Golfe  
9am onwards

**MIXED DOUBLES KNOCKOUT COMPETITION**  
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Cost: €20 per player incl. lunch  
Spectators welcome - €15 lunch only

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## Vale de Milho Golf

*Ideal for short game practise!  
Ideal for family golf!  
Ideal for beginners!*



Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"Best designed (Algarve par 3) layout" - Greg Turner.  
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT PROMOTION	SPECIAL PROMOTION (JUNE-OCTOBER)	BREAKFAST OR LUNCH
€25 - With Clubs - €40 June to August after 3:30pm	9 Holes - €20 18 Holes - €30	9 Holes - €26.50 18 Holes - €38
September to October after 2:30pm	With Clubs - 9 Holes - €32.50 18 Holes - €47.50	With Clubs - 9 Holes - €40.50 18 Holes - €57.50

\*\*\* Subject to availability. No service at weekends.

**GREEN FEES**  
9 Holes Green Fee €24.00  
9 Holes Green Fee Junior €16.50  
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**Pumpkin and chicken soup with beansprouts and coriander**

(Serves 6)

300ml vegetable oil  
50g fresh chillies, thinly sliced  
50g garlic, thinly sliced  
50g shallots, thinly sliced  
100g red curry paste  
30g palm sugar  
1 large butternut squash, peeled and cut into 4cm chunks  
2 x 400ml cans coconut milk  
175ml coconut cream  
1tbsp Thai fish sauce  
2tbsp lime pickle  
3 lemongrass stalks, crushed  
4 chicken breast fillets, cut into strips or chunks  
500g precooked mung bean noodles or egg noodles  
100g fresh beansprouts, picked  
1 small bunch coriander, picked

Heat the oil in a wok and add the sliced chillies. Cook slowly over a gentle heat until all the moisture from the chillies has evaporated (at which point the oil will stop bubbling), then raise the heat slightly, so that they caramelise and crisp up - without turning too dark.

Remove and repeat the process with the garlic, then the shallots. Set them all aside. Drain off all but 80ml or so of the oil. Add the red curry paste to the wok and fry for 2 minutes, then add the palm sugar and let it cook with the curry paste for 4 minutes, until sticky and fragrant. Add the butternut squash, stir well and cook for 2 to 3 minutes. Pour in

the coconut milk and coconut cream, then add the fish sauce, lime pickle and lemongrass. Bring to the boil and cook for 20-30 minutes over a medium heat until the squash is soft but not mushy. Add the chicken, return to the boil and cook for 5 minutes but no longer.

Put your precooked noodles in a bowl and pour boiling water over them to reheat. Leave for 2 minutes, then drain. Divide the noodles among serving bowls and add a few pieces of squash per portion. Pour in the remaining soup and garnish with the fried chillies, garlic and shallots, plus the beansprouts and coriander.

## Torode's favourite bird

### Chicken Kiev

(Serves 2)

50g butter, softened  
1-2 fat cloves garlic, finely chopped  
2tbsp chopped fresh parsley  
1/2 tsp finely grated lemon zest  
2tsp lemon juice  
2 skinless chicken supremes (breast with wing bone left on)  
3-4 tbsp plain flour  
1tsp paprika  
1 large egg  
100g dried breadcrumbs  
sunflower oil, for frying, sea salt and black pepper

#### To serve:

Mashed potatoes  
Wilted spinach

To make the filling, mix the butter with the garlic, parsley, lemon zest and juice, salt and pepper to taste. Shape into two logs, wrap in cling film or foil and chill until slightly firm but not solid. Heat the oven to 190°C (gas 5). Make a slit lengthwise in each chicken breast and open out like a book. Lay each flat between two pieces of cling film with the bone pointing away from you and bash with a meat mallet or rolling pin until 5 to 10mm thick.

Place a log of butter on each flattened breast 2cm in from the edge then roll up the chicken and secure with cocktail sticks. Mix the flour, paprika and some salt and pepper together in a shallow bowl. Beat the egg in another shallow bowl. Toss the stuffed chicken breasts in the flour until coated and shake off any excess. Slide the chicken into the beaten egg and turn until covered, then cover

each chicken breast with flour and egg once more. Finally, dip the chicken into the breadcrumbs and turn to coat completely, again shaking off any excess.

Pour oil into a medium frying pan to a depth of about 1cm and heat thoroughly. Toss in a small cube of bread to check the temperature - it should sizzle and brown straight away. Lower the chicken breasts carefully into the pan and spoon some of the hot oil over the top for about 1 minute to seal the crumbs. Turn over to brown the other side, again spooning oil over the top until the crust is golden - this should take a further 1 or 2 minutes. Transfer the chicken to a shallow roasting pan and bake uncovered for 12 to 14 minutes, or until the breasts feel firm when pressed. Remove and drain on paper towel. Carefully remove the cocktail sticks and serve with mashed potato and spinach.



We go chicken with one of England's favourite Australian cooking imports, chef John Torode.



**Chicken with tarragon sauce**

(Serves 2)

2 chicken breasts, skin on  
Olive oil  
Salt and pepper  
**Tarragon Sauce:**  
100ml brandy  
100ml creme fraiche  
1 handful chopped parsley  
1 handful torn tarragon leaves

Heat a heavy frying pan over a medium heat and add a little olive oil. Season the chicken well and place it skin-side down in the pan. Cook for a good 8 minutes, then turn the breasts over and cook for the same time again. Check the chicken is cooked through, then remove it from the pan and keep warm.

Raise the heat under the pan to very high. Add the brandy and carefully flame it to burn off the harsh taste of alcohol.

Shake or stir to incorporate the pan juices and sticky bits from the base of the pan. Stir in the creme fraiche then taste and season. Bring the sauce to the boil and reduce by half. Add most of the parsley and tarragon leaves.

Serve the sauce with the chicken and some mash or champ, pouring the brown juices that come from the rested chicken over the dish as well. Sprinkle with the last of the chopped herbs.

## Restaurant Briefs

**The Best Place.** Traditional fish and chip shop with a difference. All-year daily specials.

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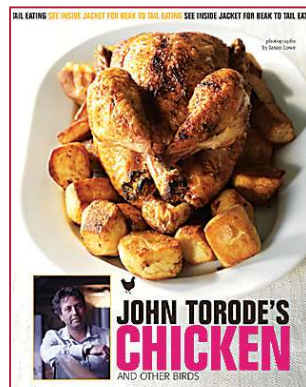
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# Worker killed after falling through supermarket ceiling



A 45-year-old supermarket employee was killed during working hours after he fell through a suspended ceiling at a Pingo Doce supermarket in Portimão.

Located on Rua José António Marques, near the riverfront, the Pingo Doce supermarket was the oldest and first established in that city.

Frequent shoppers and employees claimed the supermarket's ceiling had long been in need of repair. Locals at the scene told **The Portugal News** on Wednesday that in recent times there had been talk of work being carried out within the establishment as well as a possible change of venue.

Identified as Jorge Xavier, the victim was killed when he fell through a section of suspended ceiling above the dairy product section at approximately 11h40 on Wednesday morning.

It is thought the man was alone on a floor above the supermarket and died after falling from a considerable height, through the suspended ceiling that separated the two floors.

It is not known why or what he was doing in the space above the main supermarket.

One fire engine and three ambulances rushed to the scene, two of which left empty.

Authorities are now trying to determine the exact reasons for the accident.

A source from the Jerónimo Martins Group, which owns the Pingo Doce chain, confirmed Mr. Xavier had died following a fall, and not from a collapsed ceiling, as initially reported.

The source said "We are sad-



Locals and television media seen here gathered outside Portimão's oldest supermarket on Wednesday afternoon after a staff member died having fallen through a suspended ceiling. (Photo: The Portugal News)

dened by what has happened and are looking into the incident".

The supermarket, which was immediately closed, will remain shut for "an indefinite period of time".

## Three killed in light aircraft disaster

Two Dutch nationals and one Spaniard were killed this week when a light aircraft crashed in Castro Verde, according to local Beja rescue services.

According to Carlos Pica, commander of Beja's District Rescue Operations Centre, the two Dutchmen involved in the crash were aged "between 18 and 20", while the Spaniard was 27 years of age.

He confirmed the light aircraft had set off from Seville, Spain, and had stopped off in Faro, their final destination being Évora.

It is thought that the Spaniard was a flying instructor and the

two Dutchmen students.

The plane, which belonged to Évora's Aeronautical Academy, crashed at around 22h27 on Tuesday evening, near Aldeia de Sete, Castro Verde.

Twelve men and five vehicles belonging to Castro Verde's fire service and GNR brigade assisted at the scene, the case since being handed over to the National Civil Aviation Institute (INAC) to investigate and establish the causes of the crash.

## EU adopts swine flu strategy

The European Commission has this week adopted a strategy paper supporting Member States in their efforts to respond efficiently to the 2009 swine flu pandemic.

In order to minimise the negative impact of the swine flu pandemic, the Commission has highlighted the importance of close coordination between EU Member States in all related sectors affected by the pandemic.

The Commission is leading the EU coordination on the pandemic through well established structures such as the EU's Health Security Committee and with the scientific advice provided by EU Agencies, such as the European Centre for Disease Prevention and Control and European Medicines Agency.

The strategy paper identifies key strategic strands to strengthen coordination and emphasises support for the Member States that are in a less favourable situation. Vaccination, explained the EC in a statement, remains one of the most effective means of preventing the spread of the pandemic and

attention is being centred on vaccine development and vaccination strategies as well as supporting Member States in procuring vaccines.

The need for clear, coherent and targeted messages on preventive measures, including vaccination, to the public is addressed.

EU Health Commissioner, Androulla Vassiliou, said: "The Commission has taken an important step in adopting a document that draws together key issues from different sectors on how we can work together in Europe and with our global partners to reduce the negative effects of this pandemic and to protect more lives.

"We need to remain vigilant and continue to coordinate our preparations to respond to the pandemic in the months ahead. There is a need for closer coordination across sectors and Member States, whether at European level, national, regional or local to help address the social, economic and health impacts of this pandemic", the Commissioner concluded.

## Macao bank secrecy law for Portugal comes into force

Macao has this week introduced new banking laws to allow requests of previously confidential details of accounts held in the territory from authorities in Portugal, China and Belgium, officials said.

The new law, drafted and voted on with "urgency" under pressure from the Organisation of Economic Cooperation and Development (OECD), per-

mits disclosure of banking details for the three states concerned solely on the authorisation of the territory's chief executive. *TPN/Lusa*

## Portuguese for Beginners

⇒ Match the numbers - on the left - and the letters - on the right - to write correct sentences. In each use *é/ são* or *está/estão*.

- |                          |               |
|--------------------------|---------------|
| 1. As bolas...           | a) na garagem |
| 2. A panela...           | b) sujas      |
| 3. Os leões...           | c) aberto     |
| 4. O casaco...           | d) cheias     |
| 5. As escadas...         | e) seca       |
| 6. Os escritórios...     | f) felinos    |
| 7. O gato...             | g) coloridos  |
| 8. A casa...             | h) quente     |
| 9. Os carros...          | i) meigo      |
| 10. O quarto...          | j) errada     |
| 11. A roupa...           | k) espaçosos  |
| 12. O consultório...     | l) vazios     |
| 13. As janelas...        | m) redondas   |
| 14. A conta (13+5=19)... | n) preto      |
| 15. As lojas...          | o) amarela    |
| 16. Os quadros...        | p) fechadas   |
| 17. Os baldes...         | q) pequeno    |

⇒ Spot and correct the mistake in each sentence below. Follow the example:

- ✗ A página número 12 é rasgado.  
 ✓ A página número 12 está rasgada.

- O livro está enorme e muito aborrecida.
- Vocês está cansadas, minhas senhoras?
- O exercícios não são muito complicado.
- As criança são muito assustada.
- A notícias está interessante.
- As mala já são no carros.
- As notícias estão recente.
- Hoje o jantar é atrasado.
- A banco ainda é fechado.
- Ele está grávida de três meses.
- O anel e a pulseira está muito valiosa.
- Hoje é sábado e amanhã está domingo.
- O Paulo e o Pedro estão altas e magro.
- Os portas da casa são todas trancados.
- As casa está grande e muito acolhedora.



## LESSON 16

Verbs "SER" and "ESTAR" in the Present Simple.

## World's most expensive porcelain set is Portuguese

The most expensive porcelain crockery set in the world has recently been made in Portugal, decorated with gold-leaf, 121 diamonds, and costs in the region of €250,000.

The limited edition production consists of 10 sets and was created by Portuguese company Siala, involving artists from another Portuguese company SPAL, which specializes in manufacturing porcelain and Ouropa, who were responsible for encrusting the sets with diamonds, which were unveiled last week in Madrid.

Named "Stravaganza" the sets are, as the name indicates, an extravagance and, as Siala managing partner Eduardo de Bernarda explained "not a product aimed at the standard consumer".

"Only an extravagant client would purchase a 'Stravaganza' set. It is a unique piece of art. Not just because of the gold and the diamonds but because of the state-of-the-art technology used to create it", he said, adding, "We have discovered a technique to encrust diamonds into porcelain and still guarantee it is useable, which has never been

done before".

Participating in Madrid's Intergift trade fair, Eduardo de Bernarda confessed the aim was not to commercialize the set, but to promote it as a "work of art, in the right places".

"We have a product with very particular characteristics and a very high price. We are not at this fair expecting to sell a set here. It would be a miracle if someone walked in here and give us €250,000", he said.

Siala is looking to create partnerships with the likes of El Corte Inglés, which has a store in Spain "dedicated to these types of extravagant gifts of the very highest quality".

The diamonds used in the sets have been verified via the 'Kimberley process' to ensure they are not from areas of conflict.

Siala is a Portuguese company dedicated to promoting other businesses' activities in the sectors of jewellery, perfumes and cosmetics.

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: **Emília Rosendo at The Portugal News** and I will return them corrected.

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# PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 19 Sep 2009

## PROPERTY OF THE WEEK

# The Mountains of Monchique



Licensed Real Estate agency **Togofor-Homes Lda (AMI – 6902)**, based in Lagos and Alvor (and also very soon in Olhão and Monchique), operates across the whole Algarve region. This week they are pleased to present the beautiful landscape of the Monchique Mountain Range (Serra de Monchique) and are showcasing a selection of well-priced properties in that region's best preferred areas.

The Serra de Monchique is located in the Western Algarve, approximately 20 to 30 kilometres from Portimão and Alvor, offering beautiful, protected and unspoilt nature combined with picturesque small towns and villages plus breathtaking scenery and views.

The town of Monchique is at the heart of the Serra, nestled between Fóia (the range's high-

est peak at 902 metres) and Picota, the second highest mountain.

On the main road to Monchique (EN266) is a Spa village called Caldas de Monchique with hot springs, baths and therapeutic thermal treatments. A new 5-Star Hotel, apartments and a new golf course are planned for the lower region of Monchique.

One of the main attractions of the Serra is the road to Fóia, which along the way up (or down) boasts various handicraft shops, restaurants and terrific views.

**Togofor-Homes Lda** here showcases a south-orientated

property for sale in this area (Ref: S550), with six bedrooms over two floors, ideal to rent out or for a big family, with lovely views on a 900 square metre elevated plot. It has recently been lowered by a 25% price reduction, to €295,000.



Ref: S550



Ref: S550



Going West towards the small village of Casais and heading to Marmeleiro (a parish in Monchique) one will enjoy beautiful landscapes – ideal for walkers and bikers, as is much of the Monchique area. On the way to Marmeleiro there are several good restaurants, the road continues

directly to the West Coast and Aljezur. **Togofor-Homes Lda** are offering a fantastic opportunity near Casais (Ref: S825) an old farm which can be re-built to 200 square metres, on a big plot with breathtaking 180° sea views. Recent price reduction of 5% to €330,000.



Ref: S825



Ref: S825

Going East from Monchique the roads lead to Alferce and the Picota mountains. Also on this road are several fountains and wells providing clear, drinkable Monchique water and stalls with all local, organic produce and handicrafts.

Near Alferce, located in a valley **Togofor-Homes Lda** has yet

another property for sale (Ref: S543), an old traditional rustic property, totally renovated with three bedrooms, a workshop and a possibility to build a natural pool. There is already a stream/small river at the bottom of the plot. This is a really romantic property with great views. Price reduced by 25% to €299,000.



Ref: S543



Ref: S543

The most popular dishes in Serra de Monchique are: Piri-Piri chicken and Cozida Portuguesa – both dishes are delicious! Also, there are sausages, bean dishes, ham and black pork dishes. More information about tourism

and the properties for sale, please contact **Togofor-Homes, Lda** by seeing their website: [www.togofor-homes.com](http://www.togofor-homes.com), e-mail: [info@togofor-homes.com](mailto:info@togofor-homes.com), telephone: 282 432 004 / 282 476 568, or mobile: 917 472 277.



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**Tavira: 281 320 281**  
**Vilamoura: 289 301 294**



**Near Fuzeta**

Renovated 3 bedroom / 2 bathroom villa (124 m2) in excellent decorative order. Easy maintainable plot of 520 m2 with large parking area in cobble stone. Roof terrace enjoying sea views. Fully fenced, double glazing with PVC, solar system.  
Ref: LHV-1001 - Price: € 245.000



**Altura**

Brand new 4 bedroom / 3 bathroom villa of 147 m2 with garage of 19 m2. Light living room, spacious kitchen. 860 m2 of South-West facing plot. Quiet country side location. Landscaping of plot to be finished. Offers invited.  
Ref: LHV-1060 - Price: € 325.000



**Tavira**

Well-maintained 3 bedroom / 2 bathroom countryside villa (144 m2) with 8 x 4 heated swimming pool enjoying beautiful country views. Located 5 km from Tavira centre on a 1100 m2 plot with an abundance of fruit trees. Easy access.  
Ref: LHV-1055 - Price: € 360.000



**Sto. Estevão / Estiramantens**

Tastefully renovated country side villa (126 m2) w/ large covered terrace of 44 m2 & annex of 37m2. Spacious living room, large rustic style kitchen, 3 bedrooms, 1 bathroom. 1597 m2 of land on an ideal location near Stº Estevão.  
Ref: LHV1048 - Price: € 380.000  
**(reduced from € 420.000)**



**Moncarapacho**

Remarkable, South-facing quinta with 265 m2 covered area and large 12 x 5 swimming pool situated on a secluded plot 2 km from Moncarapacho centre. Sea views from 1st floor. Extensively landscaped gardens. Double garage.  
Ref: LHV-1059 - Price: € 495.000

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**Vilamoura**

Apartment located in a private condominium composed of 1 bedroom, 1 bathroom, lounge with dining area, kitchenette, storage & terrace. Communal swimming pool & garden area. Furnished & equipped. Construction area - 59 sq.m.  
Ref: A1341 Price: € 125,000



**Vilamoura**

Situated in a private condominium apartment composed of 2 bedrooms, 2 bathrooms, lounge w/ dining area, kitchen & 2 terraces. Storage & parking space in basement. Comm. sw. pool & garden area. Furnished & equip. Construction area - 133 sq.m.  
Ref: A1346 Price: € 260,000



**Vilamoura**

Villa composed of 2 bedrooms, 2 bathrooms, lounge w/ fireplace, dining room, kitchen, storage & terraces. Roof terrace and carport. Sw. pool & garden. Furnished & equipped. Golf view. Plot area - 725 sq.m. Constr. - 108 sq.m.  
Ref: V12633 Price: € 425,000



**Vale do Lobo**

Attractive Villa with spectacular sea view composed of 4 bedrooms, 5 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, storage, laundry room & spacious terraces. BBQ, garage, sw. pool & garden. Plot area - 905 sqm. Constr. area - 291 sq.m.  
Ref: V12637 Price: £ 1.349,000

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**Loulé**

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- Nice country views
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- Cott. 130m² plot 2.000m²

Ref: C1081  
Price: € 255.000



**Salir**

- Ideal B&B Guest House
- Spacious accommodation
- 5 bedrooms 3 bathrooms
- Plus large basement
- Space for pool & terraces
- Villa 486m² plot 3.450m²

Ref: V1122  
Price: € 375.000



**São Brás de Alportel**

- Beautiful new villa
- Lovely country views
- 3 bedrooms 3 bathrooms
- Pool 9m x 5.5m, terrace
- Large garage & garden
- Villa 250m² plot 3.150m²

Ref: V1150  
Price: € 800.000



**São Brás de Alportel**

- Attractive villa in hills
- Separate guest cottage
- 6 bedrooms 3 bathrooms
- Heated pool 10m x 4m
- Lovely view to coast
- Bldg 320m² plot 2.800m²

Ref: V1152  
**Price Reduced: € 420.000**



**São Brás de Alportel**

- Potential to increase
- Basement/extra rooms or separate apartment
- 3 bedrooms 1 bathroom
- Approval for pool 10x5
- Villa 224m² plot 1.650m²

Ref: V1181 - "Quick Sale"  
**Reduced: € 259.000, neg.**

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**Ref 905 - Vila Nova de Cacela - €85.000**

Apartment w/ 2 double bedrooms, lounge, kitchen & bathroom, close to market & facilities, approx 3 mins by car to Manta Rota beach. Veranda to rear & front of the property.



**Ref 906 - Manta Rota - €150.000**

Apartment w/ large private roof terrace w/ BBQ close to beach & facilities. Has 2 double bedrooms w/ fitted cupboards, bathroom kitchen & lounge. Great rental property. Must be viewed.



**Ref 888 - Vila Nova de Cacela - €195.000**

Brand new house in town w/ all facilities for everyday living. Has lounge, equipped kitchen, 3 double bedrooms & other bedroom in loft area, 4 bathrooms, 2 large roof terraces and a garage, good finishes & rear patio w/ BBQ.



**Ref 884 - Cabanas - €160.000**

2 bedroom brand new apartment w/ equipped kitchen, 2 bathrooms & a veranda. The aptn. has space in garage & a shared pool. Very close to river front & not far from the boat to the beach.



**Ref 855 - Btra Monte Gordo & Praia Verde - €480.000**

Large semi detached house w/ private pool 7 mins walk to beach. Very modern design & fittings, four bedrooms and three bathrooms, great sized large roof terraces. Must be seen.

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**POÇO GERALDO - LOULÉ**

**Ref. TC92473**  
Investment opportunity. 625 sq.m. plot on a very quiet area with several villas in the neighbourhood. Approx. 4/5 min. from Loulé. Project to build a 4 bedroom detached villa on 3 storey w/ pool. Excellent access. South facing. Lovely panoramic sea & country views.

Price: € 150.000



**LOULÉ**

**Ref. V92494**  
Single storey 3 bed villa. 160 sq.m. 2.600 sq.m. plot. Approx. 3 min. drive from Loulé. Recently refurbished. Fully fitted kitchen w/ lovely breakfast area. A/c. Private borehole. Fabulous pool area w/ lovely BBQ area nearby! Landscaped garden w/ parking for several cars.

Price: €385.000 "Now reduced"



**VILAMOURA**

**Ref. A92535**  
2 bedroom apartment. 130 sq.m. Within walking distance to Marina & Falesia beach. Closed complex w/ large green areas & pool. Fitted kitchen. A/c. Underground parking & storage. Large south facing terrace overlooking garden & pool area. Excellent letting potential.

Price: € 225.000



**VILAMOURA**

**Ref. V92525**  
Prime location. Luxurious villa. 760 sq.m. 4.921 sq.m. plot. Top finishes. Furnished & equipped. Underfloor heating & cooling sys. Surround sound. Alarm. Central vacuum. A/c. Solar panels. Basement w/ garage, gym, turkish bath, cinema room, office & 1 suite. Landscaped garden w/ heated pool, jacuzzi & BBQ. Golf views.

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**Almádena, Ref: ST523**

**Reduced by 24% to €170,000.**

- \* End of terrace linked villa on one level
- \* 2 double bedrooms, 1 bathroom
- \* Large roof terrace, patio & small fenced garden
- \* Quiet country location, walking distance to village
- \* Ideal holiday/permanent home, 10 min drive to beach

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**Near Silves, Ref: S699**

**Reduced by 15% to €199,950.**



- \* Detached renovated farmhouse
- \* 3 bedrooms, 2 bathrooms.
- \* 1 storey property
- \* 120m<sup>2</sup> living area, Large 14,700m<sup>2</sup> plot
- \* Great potential, possibility to enlarge to 200m<sup>2</sup>
- \* Peaceful location near Silves



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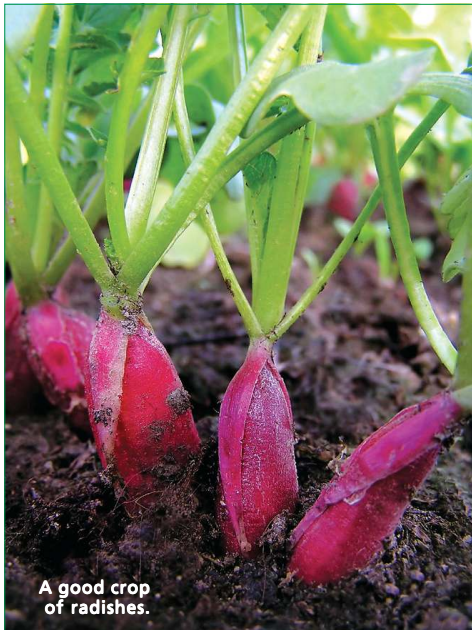
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# Fill the gaps in your garden with late crops



A good crop of radishes.



You may still be reaping the rewards of all your hard work on the allotment or vegetable patch this year, but don't down tools just yet as there are winter crops which can be planted in autumn to fill the gaps.

Not only will new crops keep the soil covered over winter and help to suppress weeds, you'll have a bonus crop of quick-maturing vegetables before winter -

while some are hardy enough to keep harvesting through until early spring.

Others will get a head-start on spring-sown crops and should be

ready several weeks early.

Which? Gardening, the Consumers' Association magazine, trialled a number of veg including onions, peas, beans and winter salads to see how they would fare planted in the autumn.

Garlic is a crop worth starting in autumn in Portugal. Buy or order the bulbs now, but wait until November before planting them. Split the bulbs into individual cloves just before planting, about 15cm apart. Ease them into the soil, and make sure their tops are hidden or the birds may take them.

They should produce plants about 15cm tall before winter, which will be tough enough to survive the season, and you should be harvesting them by July. The garlic variety 'Solent Wight' was best in the magazine's last trial.

You can also plant onions in the autumn, spacing the sets 10cm apart in rows 30cm apart during November or December. These will overwinter like the garlic and should be dried off and ready to harvest in mid-June, a couple of weeks before spring-planted onions. Try the varieties 'Electric' and 'Radar'.

Peas and broad beans can also be sown in November and December, provided you choose a sunny, sheltered spot. Sow broad beans in double rows with 20cm between plants each way, to make it easy to support the plants in spring, by running string round the outside tied to posts at the corners.

With peas, dig out a shallow trench 3-4cm deep and at least 15cm wide. Scatter seeds roughly 5cm apart each way. The plants should reach 15-20cm tall before they stop growing in mid-winter.

The traditional broad bean 'Aquadulce Claudia' is a safe bet, but the small-podded 'Stereo' is also worth trying. If you want salad all winter, go for the winter-hardy varieties. While you can sow them straight into the ground, you may have better results sowing them in modular trays or small pots inside this

month to protect them from slugs and snails, and then plant them out in November and December.

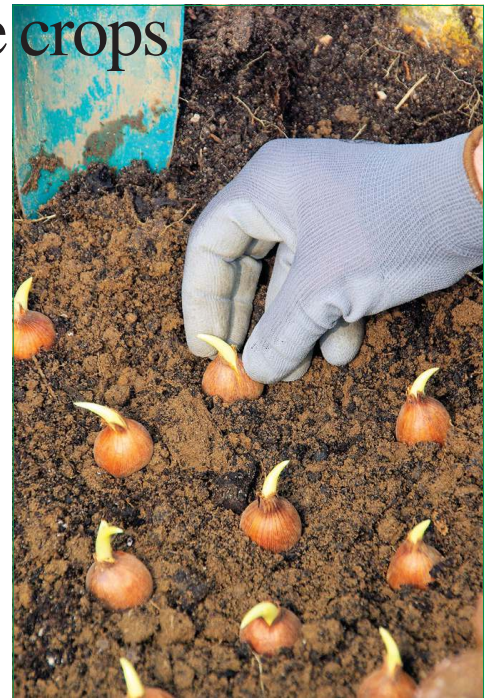
In 2008, Which? Gardening trialled a variety of winter salads, and most of them provided pickings of leaves from December through to March. Pick individual leaves or cut whole plants as soon as they are large enough until they start to bolt in spring.

Reliable varieties of hardy lettuce include the cos 'Winter Density' and the butterhead type 'Valdor'. If you have seed left over from spring you may want to have a go and see what comes up.

You may have success if you make October sowings of carrots, beetroot, radish, turnip and kohlrabi, spinach and leaf beet. Reliable types include the carrot 'Early Nantes', lettuce 'Little Gem' or 'Salad Bowl' and beetroot 'Boltardy'.

Success will depend on the weather. Give the area a good soaking several days before you sow, especially if the weather's been hot and dry. Aim to harvest before the first frosts in northern and central Portugal.

For leeks, sow the seeds outdoors in spring for autumn crops, in a sunny site on soil raking the soil to a fine tilth and sowing thinly in drills 15cm apart and 1cm deep.



Planting onions.

For longer stems, earth up around the stems during the growing season, weed regularly and water thoroughly during long dry spells. Baby leeks for salads can be pulled from late spring. Good varieties include 'Pancho' and 'Toledo'.

For details of how to receive three issues of Which? Gardening for £3/£3.41, tel. 00 44 (0)1992 822 800 or go to: [which.co.uk](http://which.co.uk).

Hannah Stephenson



Leeks fresh out of the ground.

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## News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.



### Many parents have completely lost control of their children's diets, according to a new report published by cereal maker Kellogg's.

Instead of eating a proper breakfast before leaving the house, one-quarter of kids aged 7-14 regularly eat junk food to get them going in the morning, say researchers.

Of course, regulating every mouthful that goes into your child's mouth isn't easy, but according to the new report published to coincide with National Breakfast Week, a massive two-thirds of the parents who dole out the breakfast money say it's inevitable that cash will be spent on junk food.

This is storing up trouble for the classroom, says public health nutritionist Kathy Cowbrough, who was involved with the government's Sure Start Centres.

"How often have we all seen young children not wanting to co-operate with harassed parents, or school children unable to stay alert for valuable lessons at school?" she asks.

"This is because missing a decent breakfast means we can be saying goodbye to up to a quarter of the nutrients

and energy we need for the day, making us more tired, irritable and less able to concentrate in the morning."

According to new research, £646 (£838) million is being spent each year by sweet-toothed kids buying biscuits, cake and meat snacks on the way to school. A staggering one in every class of 14-year-olds say they go to school on a cigarette.

### A new egg-screening fertility technique has reportedly helped a mother give birth to her first son, after 13 failed attempts at IVF. But is the new treatment as good as the newspapers are claiming?

Experts are divided over a new technology which carefully selects the right eggs for a mother to use during her fertility treatment.

Professor Simon Fishel, managing director of CARE Fertility Group which has pioneered the new technology, claims that using eggs which are "chromosomally normal" offers women the best chance of pro-

ducing a pregnancy.

"Full chromosome analysis may double the chance of success in couples who have a poor chance of conceiving or a history of failed treatments and miscarriage, and maximises the chance of pregnancy in all couples," he says.

However, other experts in the field are more wary of his theory.

Professor Peter Braude, head of the department of women's health at King's College London, said: "We need to be cautious as to whether the new technique was responsible [for the pregnancy]."

British Fertility Society chairman Tony Rutherford agrees that the new technology offers parents "much promise".

But he warns: "It is absolutely essential that these new techniques are subject to further rigorous research, and should only be offered to patients within the context of a robustly-designed clinical trial, carried out in suitably experienced centres."

### The fact that young people are drinking more than ever before, and from a younger age, will not be news to many parents.

But it might come as a surprise to find out that British kids are among the world's biggest drinkers.

A third of all 13-15s in the UK have been drunk at least twice - the highest rate of any of the 30 countries surveyed, according to a report by the Organisation for Economic Co-operation and Development (OECD).

The leading economic think-tank also found that 15-year-old girls in the UK were more

likely to have been drunk than boys.

But the OECD's report wasn't all bad news. The UK was ranked fourth out of 25 countries for children's school satisfaction, with "relatively low" rates of bullying.

"Children in the United Kingdom enjoy a high quality of school life," said the report.

So it would seem we're producing a generation of drunk, but happy, children.

## Three ways to...

### childproof your home

1. Place houseplants out of children's reach, and know their names in case a child eats one of them.
2. Keep chairs and step stools away from counters and the cooker.
3. If your phone has a long cord, install a high hook to drape it on when not in use.

## Ask the Expert

Q: "Our baby has just been born at 28 weeks, and we're really concerned. We've heard of a new project for parents of premature babies, and wondered if it might help us?"

A: The UK National Childbirth Trust is one of four organisations collaborating on the Parents of Premature Babies Project (POPPY).

Mary Newburn, the NCT's head of research and information, says: "The quality of care for premature babies in neonatal units in the UK is very high, but there is concern that, in some units, the medical treatment is the central focus of care and the emotional and social needs of the baby and their parents can be overlooked."

"The POPPY project was set up to look at how parents feel about having a baby in neonatal care, and ways to make it easier for parents to get involved in their baby's care."

"The project interviewed parents of premature babies and found that providing information and support for them, and increasing their involvement, can have a significant impact on parents' confidence. Positive interventions include skin-to-

skin care, support for breastfeeding, provision of clear information about their baby's condition and education about the baby's developmental needs.

"POPPY now recommends that all neonatal units practise 'family-centred care' and consider how parents of premature babies feel, to make the experience less traumatic for them."

"For you, the outcome of POPPY means that your neonatal unit should now be set up to work with you and provide 'family-centred care'. So you should be kept up to date on your baby's progress and be asked to give informed consent for any treatment, be shown how you can care for your baby and encouraged to do so, supported to give skin-to-skin care, express breastmilk and prepare for all changes and transitions, such as going home with your baby."

See [www.poppo-project.org.uk](http://www.poppo-project.org.uk) for more details.



A premature baby in a neonatal unit in a hospital.

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To motivate kids to do housework, draw a bingo grid on paper and write a chore on each square. Also write the same chores on separate slips of paper and get the kids to pick a folded slip and do that chore. After it's done properly,

### Readers Tip

they get an X on the grid, and when they get a bingo line, they win a treat.



The blistering Algarve temperatures combined with gusty winds can cause serious skin damage. Severe dehydration, dramatic changes in pigmentation and sensitivity are just a few of the unpleasant side effects of experiencing such beautiful summer time weather. After enduring a long, hot summer you will certainly need to work hard to get your skin back into shape.

### Sun Burn

If you got caught out and got burnt, well shame on you, but you won't be the only one. Allowing yourself to get burnt is a serious 'skin sin' but, what is done is done, what you now need to focus on is undoing that damage.

**Skin Saviour:** Dermalogica After Sun

You simply have to have this product in your bathroom cabinet. Its gel like consistency feels cool no matter what temperature it is stored at... it's incredible. It instantly soothes the skin with calming lavender

and will actually help to repair DNA damage caused by the sun.

### Parched, Scaly Skin

After the summer the skin on your body may feel drier than normal. This is a combination of dehydration, inadequate sun protection over the summer, a lack of exfoliation and not enough moisturising. If you are suffering from lizard-like skin you need to nourish and repair the skin. Moisturise, moisturise, moisturise.

**Skin Saviour:** Elemis After Sun Soothing Milk

A body milk enriched with Vitamin E to help maintain the skin's elasticity. An easily absorbed, silky-smooth lotion that can be used as an everyday body cream. It will leave your skin feeling divine.

### Fading Tan

I don't advocate getting a tan, but if done sensibly and safely I suppose I'll allow it. A tan will fade quickly, luckily, here on the Algarve we'll be seeing the sun well into October and there are

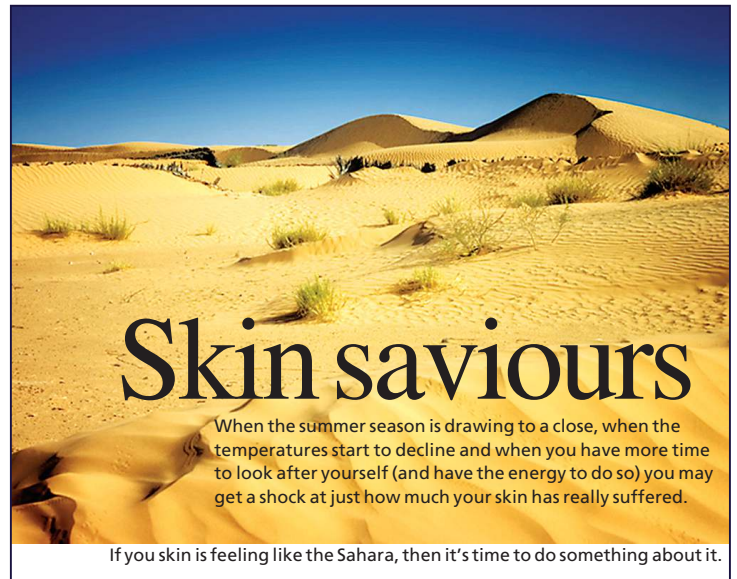
certain products that can help you get a safer tan and maintain the healthy glow for longer.

**Skin Saviour:** Collin Melanin Precursor

A natural tan accelerator that stimulates Melanin, bringing it to the surface of the skin, meaning that your skin will tan more easily, but also more safely. Although this product is designed to be used two to three weeks prior to sun exposure it is a great one to use throughout winter to maximise your tan. Use after sun exposure to maintain a healthy glow.

### Dull, lifeless skin

After months of piling on cloggy sun protection, of late nights and a little too much wine your skin is bound to look a little lack-lustre. To get your skin back into great shape start to exfoliate. Exfoliating will make sure that you rid your skin of dulling dead skin cells therefore instantly brightening, but it will also ensure that when you put your moisturiser on it will work on the layers of skin where



## Skin saviours

When the summer season is drawing to a close, when the temperatures start to decline and when you have more time to look after yourself (and have the energy to do so) you may get a shock at just how much your skin has really suffered.

If you skin is feeling like the Sahara, then it's time to do something about it.

it is needed most.

**Skin Saviour:** Dermalogica

Daily Microfoliant

A unique Rice-based enzyme powder that microfoliates dulling surface debris. This amazing exfoliant also contains Liqueurice that will help to balance and brighten uneven skin tone and reduce pigmentation. As it's gentle enough for daily use it won't take long for you to see and feel the difference. One of these products is sold every 6 seconds, use it and you'll see why.

### Sore, red and sensitive skin

Over exposure to extreme weather conditions can really strip your skin. This can cause increased amounts of redness and irritation. If your skin feels sensitive, remember, less is more. Be gentle with your skin, do the basics (cleanser, moisturise)

but leave out exfoliation for a while. Let your skin repair itself before you attempt to achieve any miracle results.

**Skin Saviour:** Decleor Harmonie Gentle Soothing Cream

This luxurious cream will instantly soothe and calm irritation and it will help to improve the skin's natural defences. It will provide hydration and further protection, making this the ideal product for post-summer, sensitive skin.

One of the best ways to get your skin back into great shape is to book yourself in for a facial treatment. Your therapist will be able to advise you on exactly what your skin needs. Your skin will look as good as you treat it... so treat it well!

Suzie Bell, Senses... Skin Care Centre. Tel: 282 762 261

## The one to watch

If you haven't heard of Lauren Luke, where have you been? She is *the* girl when it comes to make up, and guess what? You'll actually like her!

### All about Lauren

If this woman was a stick thin, blonde bimbo you'd despise her, you begrudge her talent and loathe her new found fame and fortune. But the thing is, Lauren isn't a bimbo just out to rake in the cash, she's actually... well... nice, and it seems that there is more to this whole thing than just the money.

Lauren is a single mum from the North East of England, she's 27 and up until last year she wasn't even trained as a make up artist. Now she's a make up guru, a celebrity and she even has her own make up line.

### How it all began

Lauren started by selling make up online, but the thing that made her stand out was that rather than just describing the products, she uploaded video's of how to use them. After not so long she started getting requests to recreate certain looks... so she obliged... and much to her delight... people loved her. We're not just talking hundreds of people here, not even thousands... oh no... we're talking millions. When Lauren uploaded a video showing people how to recreate Leona Lewis' make up in the video for 'Bleeding Love' three million people watched it (including me)!

### International Fame

The story after that is even more unbelievable. One make up company picked up on her talent and her popularity and gave Lauren a mighty shove towards international stardom. Within one year she launched a make up range... 'By Lauren Luke'... and it's good, really good. So good in fact that Sephora have just launched the range in their new flagship store in New York.

### So is she more Lauren luck or has this woman got talent?

Lauren is by far one of the most naturally talented make up artists I've ever seen. She seems to have an innate ability to pick out colours that just look fantastic together, her self taught techniques for application result in perfect finished results.

### So have the video uploads stopped?

You must be kidding! Lauren still uploads video's but now they include ones that show you how to use her new make up kits, something that is invaluable for the make up virgin and very much appreciated by a make up fiend like myself.

### By Lauren Luke

Each of her make up kits contain two eye primers, three eye shadows - that compliment each other fantastically, two lip colours, an eye liner and a blush. The kits are great because they contain everything that you need to create the perfect look. With the help of Laurens' online tutorials you can also get step by step guides of how best to use the colours.

Whatever it is about Lauren, whatever that 'spark' is, she has it. She's down to earth, friendly and she's human, she's not



some perfectly airbrushed beauty that you can only dream to be, she is just like you or me... but she has a passion, a passion for make up and a passion to make people feel good about themselves... oh and her seriously broad Geordie accent kind of helps her to stand

out too!

By Lauren Luke' is the new make up line. Visit [www.bylaurenluke.com](http://www.bylaurenluke.com) and check out some of her fabulous make up kits. Suzie Bell Senses... Skin Care Centre. Tel: 282 762 261



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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.

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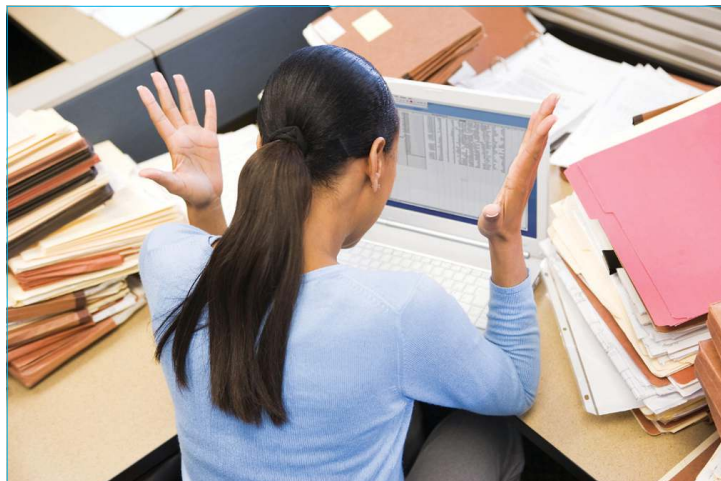
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# Feeling stressed?



With growing pressures on employees in the current climate it is important to stay in control of both your work and workload.

Although we all say we're "stressed", do we really know what this means for our health. We check out what stress is all about.

Redundancy and pay freezes are on the cards for many of us so it's no wonder nine out of 10 adults are feeling the pressure at work and suffering from stress.

A recent study conducted by

recruitment consultants Badenoch & Clark found that stress affects almost all employees, and that many of their worries stem from the current economic climate.

But despite the fact that stress is the single biggest cause of sickness absence in the UK - according to the Stress Management Society - it's easy not to take it se-

riously.

"Stress is what we feel when we believe we can't cope with the demands facing us," explains co-author of 'Know Your Mind', Daniel Freeman.

"It is not healthy in the long term. As well as high blood pres-

sure, prolonged stress can cause muscle fatigue and prevent the immune system from working effectively."

It can also lead to deeper psychological problems, he explains. "People who are stressed can feel anxious, tense, lonely, isolated

and experience a lack of concentration."

And if left untreated, more serious mental health problems such as depression and anxiety may develop.

As well as highlighting this growing health problem, the recent study also revealed a more worrying trend. Almost three quarters of employees the company surveyed felt they were unable to raise their concerns about suffering from stress with their management.

Those interviewed felt they couldn't talk about their problems because they knew their bosses were also under immense pressure. They also thought that



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they would be seen as weak and nothing would come of it.

It seems that in a culture where hard work equals results, it can be difficult to admit that you're not coping with the demands of your job.

But as Amanda Falkson, psychotherapist and coach at [www.psychotherapycity.co.uk](http://www.psychotherapycity.co.uk) explains, it's important to remember you are not alone.

"The worst thing you can do is to isolate yourself from this situation. Many of your colleagues will be going through a similar experience. Setting up a support group could be a good idea. This could be a place to help you talk through your anxieties and overcome them."

### How do you know you're suffering from stress?

Stress is a word that's used all the time - but how do you know whether you're suffering from stress, or are simply under pressure at work? Falkson explains that it's important to know how

to identify signs of stress and treat them.

"Recognise the difference between day-to-day worries and feeling stressed. Neck and shoulder tension, needing more than that one drink, panic attacks and a change in eating habits is your body saying, 'Hang on something is wrong'. If the physical symptoms are jarring with you - don't ignore them," Falkson says.

"We are in living in a great atmosphere of fear with the recession and the pressures at work we face. Do not buy into that fear and listen to yourself internally more. Set yourself boundaries. There will always be a lot of work to do, so prioritise. Decide on the start and end time of your working day."

Falkson adds that it is important to be strict with yourself. Try simple things like listening to music in the morning when getting ready for work, rather than the news, to keep you calm and put you in a good frame of mind for the day ahead.

Employers should also play a

part in a worker's wellbeing, and Falkson has advice for the bosses too: "Ensure productivity remains at its best. Praise should be given where deserved, appreciation and acknowledgement of hard work should be demonstrated. Bosses should not expect staff to go the extra mile if they are not getting any support from them."

Falkson also advises staff not to depend on management to help them ease their stress but to take responsibility for themselves.

"Seek help from supportive colleagues, friends and family to help you overcome a tough time. Organisations like Employee Assistance Programmes (EAP) may be offered at your company so speak to your Human Resources department to gain advice."

Stress can be treated quickly and effectively if acknowledged in good time, she adds. Seeking advice from your GP may help deter severe mental health problems in the long run.

### Manage stress as well as your work

Everyone experiences stress at some stage in their life. However, with growing pressures on employees in the current climate it is important to stay in control of both your work and workload. Daniel Freeman advises how to stay calm in these tough times...

» Don't just say 'yes', take control. Make sure you really understand what's being asked of you. Write it down, and discuss it with the person making the request so you both agree on what's involved.

» Know your limits - If you have a sense that you won't be able to do the job, turn down the request and offer to do something less demanding instead.

» Set goals - Tell people when they'll be able to get to the task and set yourself a realistic schedule.

» Aim high - The most stressful requests are those that demand a lot of effort for little reward. See whether you can reduce the effort required, or make the task more rewarding.

» Manage your time - Plan ahead and prioritise the most important tasks. Allowing time for exercise and fun - laughter is a great way to de-stress.

Nadine Utchigaduo

Redundancy and pay freezes are on the cards for many of us so it's no wonder nine out of 10 adults are feeling the pressure at work and suffering from stress.



Daniel Freeman, co-author of 'Know Your Mind'.

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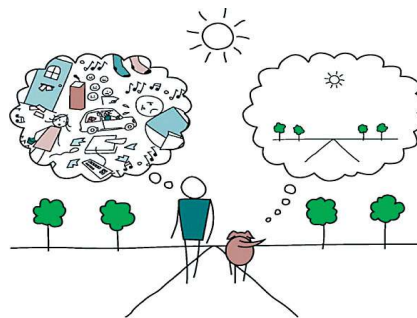
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Almancil  
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Childrens Shoes & clothes  
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Mob: 933 326 471

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British supermarket, Algoz  
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Mini Market  
Albufeira  
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## SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

		9	4	8	5	6		
5		7				9		4
4								2
	9		1	3	6		5	
	1		8	9	4		2	
1								9
2		4				8		5
		6	2	7	8	3		

			4					7
5		2			9	4		
7	9				6			
		7						1
2	5					4	9	
9					6			
			7				1	2
		9	5			3		4
6					3			

		1			8			5
9						8		
5	8				7		4	9
					4	1		
	9						6	
		7	3					
8	5		7				3	1
		6						8
7			6			9		

## CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.  
(Right: Last week's solution)

C	S	Q	F	O	O	T	P	A	T	H	S
O	U	T	W	R	A	I					
R	A	A	W	I	N	D	O	W	B	O	X
N	P	K	E	S	L	E	T				
F	A	L	S	E	H	O	O	D	P	I	E
L	E	R	B	R	E	A	D	C	R	O	U
U	N	J	B	G							
R	E	S	T	A	R	A	N	T	H	E	A
U	N	N	A	N	T	F	V	T			
M	U	F	E	T	I	C	O	C	K	R	O
A	P	T	H	I	G	D					
C	H	I	R	O	P	O	D	Y	G	U	A
R	C	R	S	W	H	E	E	Z			
O	V	E	R	S	L	E	E	P			

Last week's solutions:

2	5	6	9	7	3	1	4	8
7	8	9	6	1	4	5	3	2
1	3	4	2	8	5	6	7	9
6	1	2	5	9	7	4	8	3
9	7	8	3	4	1	2	5	6
5	4	3	8	6	2	7	9	1
4	2	7	1	3	8	9	6	5
3	9	5	7	2	6	8	1	4
8	6	1	4	5	9	3	2	7

5	6	9	4	1	3	2	7	8
4	3	8	9	2	7	5	6	1
2	1	7	8	6	5	4	9	3
3	9	6	1	4	2	8	5	7
7	4	2	5	8	9	1	3	6
1	8	5	3	7	6	9	4	2
9	5	1	6	3	8	7	2	4
6	2	4	7	9	1	3	8	5
8	7	3	2	5	4	6	1	9

2	7	9	8	1	4	3	6	5
6	1	3	7	5	2	9	8	4
4	5	8	9	6	3	1	2	7
5	9	2	1	4	7	8	3	6
3	8	6	5	2	9	7	4	1
7	4	1	3	8	6	2	5	9
8	2	5	4	9	1	6	7	3
9	3	4	6	7	8	5	1	2
1	6	7	2	3	5	4	9	8

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A	3	10	16	17	4	9	10	3	17	20	10	6	6	25	N
B	11		10		17			19		2		11		17	O
C	6	10	26	9	11	24	7		25	3	11	10	18	11	P
D	2		16		21		18	25	26	16	12		18		Q
E	13	2	3	2	19		25		2		25	7	5	17	R
F	11			3		17	23	21	17	6			17		S
G	4	17	11	3	7	18		12		11	13	17	4		T
H	25			10		5	4	11	1	18		2		11	U
I			22	17	4	7		2		14	2	5	18	11	V
J	8		2			1	7	4	4	25		17		16	W
K	7	10	24	12	19		16		2		11	4	7	26	X
L	25		22		2	26	11	24	7		16		21		Y
M	20	17	11	3	19		15		19	7	16	2	21	11	Z
	10		24		12			10		6		10		17	
	6	2	3	19	17	18	17	4		12	25	9	4	2	

## PC SURGERY PRIZE CROSSWORD

1	2			3		4		5		6		7
										8		
9		10										
11								12				
13				14			15					
						16						
17						18		19				
		20									21	
22												
						23						

### ACROSS

- Docile (9)
- Gallop (3)
- Perceptible (11)
- Fantasy beast (7)
- Spine (5)
- Begone! (6)
- Reason (6)
- Wrench (5)
- Small crown (7)
- Impolite (3-8)
- Idiot (3)
- Hopeless (9)

### DOWN

- Knock (3)
- Topic (5)
- Of the new wife (6)
- Ban (7)
- Wage-earner (5-6)
- Augmentation (9)
- Stamp-collector (11)
- Cleaner (9)
- Stung (7)
- Odds and ends (6)
- Scope (5)
- Devour (3)

A free computer clean-up will be awarded to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword No. 1028, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

## WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

J	O	U	R	N	A	L	I	S	T	K	I	C	V	D
I	A	X	I	L	C	I	N	U	I	G	Y	H	N	U
C	O	N	S	E	Q	U	E	N	C	E	S	X	I	M
T	V	A	Z	E	M	I	S	L	U	D	V	P	U	G
W	U	E	Y	E	G	A	U	G	N	A	L	R	N	H
B	D	P	X	I	Y	J	A	L	G	A	R	V	E	A
U	Z	I	D	O	G	N	I	R	U	S	A	E	M	P
Q	P	S	I	A	C	S	A	C	E	T	Y	O	Y	P
N	O	I	T	A	D	O	M	M	O	C	C	A	O	R
V	A	S	S	O	C	I	A	T	I	O	N	F	L	O
U	C	O	M	P	E	T	I	T	I	O	N	T	P	V
Q	O	W	S	O	R	I	E	O	V	R	A	C	M	A
N	D	E	T	I	M	I	L	N	U	K	H	V	E	L
C	E	L	E	B	R	A	T	I	O	N	S	B	N	J
D	W	Q	Y	O	K	R	M	R	N	J	G	C	T	O

DETECTIVE, WEEKEND, EMERGENCY, JOURNALIST, ASSOCIATION, CARVOEIRO, ACCOMMODATION, LANGUAGE, UNHYGIENIC, RESIDENTS, UNEMPLOYMENT, COMPETITION, CONSEQUENCES, MEASURING, UNLIMITED, CELEBRATIONS, CONTRABAND, APPROVAL, ALGARVE, CASCAIS

## SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Answers Crossword N° 1027  
Across: 7 Option; 8 Docile; 10 Perplex; 11 Peace; 12 Roll; 13 Sever; 17 House; 18 Lone; 22 Craft; 23 Vagrant; 24 Urgent; 25 Victor.  
Down: 1 Compare; 2 Startle; 3 Jolly; 4 Complex; 5 Final; 6 Never; 9 Expensive; 14 Content; 15 Loyalty; 16 Venture; 19 Scrub; 20 Range; 21 Again.  
Last week's winner was Ornella Agostini from Mexilhoeira Grande

Last week's solution:



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## Cats and claws



**Scratching the furniture:** Cats scratch objects to mark their territory leaving their scent, to sharpen or clean their nails and to express their anxiety. Cats like to use their claws to leave visible marks of their presence. To avoid damage to the furniture, you can make a scratching post or buy one. Begin to put the scratching post in your cat's favourite environment or near the place where the cat often scratches. Rub the

scratching post becomes a habit, move it gradually out of the way and closer to your cat's favourite spot where he likes to sleep. The scratching post should be high and stable and lined with sisal cord or carpet, two textures that are much appreciated by almost all feline creatures.

If the furniture has already been damaged, cover the affected area with plastic or a double-sided sticky tape to make the surface

paws of your cat on the post praising him and try to stimulate its use for scratching. Reward the cat with food whenever the cat uses it. When



What is normal for cats, may not be normal for you. Here is a tip: How to keep your cat from scratching the furniture.

unattractive to the cat or rub those spots with something that has a strong smell like wood polish, garlic or lemon. Cats hate strong smells. Also, you can put balloons near the area used to scratch.

When the balloons explode, your cat will associate the area with fear. Or, simply, when you catch him scratching the furniture, say firmly "No!" or make a sudden noise, like clapping your hands.

## Scruffts is here — Sunday 20<sup>th</sup> September

Well the wait is over and this Sunday see's Scruffts fun and games for us all. Scruffts is dear to our hearts and we at Paws4Pets will sponsor it again this year, providing all class prizes. This is quite an undertaking for a small business but one we love to do as the main aim is to raise money to help the animals and to have a real FUN day. Scruffts is always good fun for dogs and families alike.

There will be an agility course, search and rescue display and over 25 trade stands

Our aim for this year's Scruffts was to try and get more help from our suppliers in order to be able to give additional prizes with the normal food prizes. This has been achieved with such generosity from the UK—amazing when you think about the recession they are in. So, we are able to add to the food with toys, health supplements and various other goodies.

We must thank Burns Pet Nutrition, Natural Dog Food, Joint Aid and Immune Aid, Company of Animals and Nutro in Portugal for their valuable help.

David Jackson from The Natural Dog Food Company will be on hand on our stand to answer any questions and give sensible food guidance.

Bruno Silva and Rui Lima from Clinica Veterinária Vilamoura will also be on our stand to help with any animal health problems that you may need to chat about. They will have all the important information on the illnesses particularly prolific here on The Algarve, preventative treatment advice, how to recognize the symptoms and how those conditions are treated. Please call over for a chat, you never know when you may need that advice as we never know what is 'around the corner'.

People have asked via phone and email whether my own furry four will be on the stand or in the rings. Originally all four were going to be with me, however now Cleo and Cassie will most definitely be with us on the stand. They will not in the ring, much too difficult to be in two places at once. Merlin, sadly, is not at all well at the moment, he has been unwell for many weeks now and is mid testing to come up with an answer. He is a shadow of his former self as I write this. A day at Scruffts would be too much for him so he will stop at home with Chloe and Jim for company. Cleo and Cassie will be very pleased to see everyone—they are both well used to the atmosphere of the shows so will be absolutely at home there.

When Paws4Pets was 'born' 5 years ago we contacted various animal charities as we wanted to be part of the large team that helped with the dogs and cats across the Algarve. To this aim over those five years we have managed to donate a large quantity of food to many of the local charities including APPA, Happyhounds, Nana in Luz, Laura and Clare at Merrylegs, Goldra and many others. We will continue to do this and continue to offer as much help as we can. There are just so many wonderful people on The Algarve who quietly beaver away behind the scenes fostering, nursing and finding homes for the cats and dogs here. Again I will say a very big thank you to them all you do a fabulous job.

See you on Sunday at Fatacil, Lagoa from 10h00, remember to bring your vaccine certificates which will need to be checked by the Vets during registration. Additionally, dogs born after 1<sup>st</sup> January 2008 - and all dangerous breeds - must have microchips. It is recommended that all dogs are kept on leads at all times—remember there will be hundreds of dogs around.

Jan Cobley Paws 4 Pets 916 273 376 [www.paws4pets.net](http://www.paws4pets.net)  
The Classes available are listed below. The Judge will be Sr. Pedro Albergaria

1. Best Puppy - Mixed breed
  2. Best Puppy - Pedigree
  3. Best Veteran - Mixed Breed
  4. Best Veteran - Pedigree
  5. Best 6 Legs - Mixed breed
  6. Waggiest Tail - Mixed Breed
  7. Best Male - Pedigree
  8. Most Handsome Dog - Mixed breed
  9. Happiest Rescue dog - Mixed breed
  10. Best Female - Pedigree
  11. Prettiest Bitch - Mixed Breed
  12. Most Appealing Eyes - Mixed Breed
  13. Most Appealing Eyes - Pedigree
  14. Best Condition - Mixed Breed
  15. Judges Favourite Dog - Mixed Breed
  16. Best Condition - Pedigree
  17. Judges Favourite Dog - Pedigree
  18. SCRUFFTS - BEST IN SHOW Pedigree
  19. SCRUFFTS - BEST IN SHOW - Mixed Breed 20.
- Agility course—ongoing throughout the day

## Hi There !

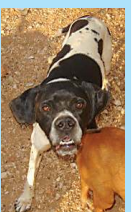
**CLEO**, so named for her fabulous eyes, is a 6 month old abandoned bitch with a very sweet temperament. She is extremely sociable although she must have been harshly treated wherever she came from. Cleo is in great condition, has been spayed and vaccinated and is disease free. Tel: 282 332 621



**CLIO** is a very strong and lovely dog. She was abandoned because she digs too much in the garden. The man who owned her before was fed up to see her digging up everything. Clio doesn't know it's wrong, but besides that, she is as good as gold. She is around two or three years old. Spayed, defleaded, wormed and vaccinated. Negative to heartworm. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



**SUSHI and CHAPLIN** are two young *Perdigão* Portuguese dogs. They were both found abandoned and they are now looking for a nice place to

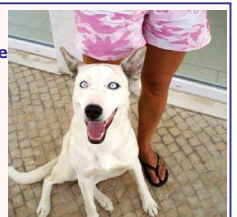


live. They are not brothers, but they are the best of friends. They love to play together and behave very well. They have been tested negative to heartworm and had their first inoculation. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



Very sociable 2 year old bitch would like to be someone's No.1 priority. She's great in the house, in the car, on lead or off lead. Loves dogs and cats, hates chickens. Spayed, vaccinated and in excellent health. Tel: 282332621

**BRANCA**, a very gentle female dog of around 2-3 years old with amazing blue eyes is looking for a new home. A volunteer of the association found her on the streets with 8 puppies and took the whole family home. She managed to have all puppies adopted and she intended to keep Branca but her other dogs do not accept her. They are jealous and they bite her, our friend is unable to control the situation which after nearly a year is only getting worse. We urgently need to find a new home for Branca. If you would like to adopt her, please contact us at [sesimbra.bianca@gmail.com](mailto:sesimbra.bianca@gmail.com) or see our webpage: [www.bianca.pt/english](http://www.bianca.pt/english)



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## Cinch-it collars



New to Paws4Pets and available at Scruffts and Blip

This new thermoplastic collar repels water eliminating dampness and odour. The collar is microadjustable and uses a ratchet-and-pawl technology for a precise fit. Available in medium or large, choose from 6 fun colours.

Perfect dog collar isn't too loose, or too tight, it's just right. Micro-adjustable collar lets you get precisely the right fit. Pet supply by Petnique has easy one-handed release. Borrowing ratchet-and-pawl technology from the snow and winter sports industry, the material resists water, odour and stains.

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# Low-Cost travel: the method behind the madness

Once upon a time air travel was a formal affair; something to get dressed up for and make sure the neighbours knew. Now-a-days things are somewhat different. For many, catching a plane is as common as catching a bus and, thanks to low-cost airlines like Ryanair, can often be even cheaper.

While very few 'frills' remain within the industry the truth behind the matter is that opportunities to travel from A to B at incredibly low prices are still being created due to a 'boiling down to the basics' approach adopted by 'low-cost' airlines. Like it or not – and opinions vary – low-cost airlines such as Ryanair have revolutionised air travel for good.

Now one of Ireland's most recognisable brands and undoubtedly ahead of the game when it comes to cooking up innovative cost-cutting ideas, Ryanair (www.ryanair.com) was founded in 1985 and currently comprises a fleet of 200 Boeing 737-800 aircraft, which operate on over 850 routes across Europe and North Africa from 34 bases. In Portugal the airline has a base at Oporto's Sá Carneiro Airport from where it operates 23 routes, along with 13 from Faro (Algarve), to countries including Belgium, Germany, Italy, Spain, the UK, Ireland and France. Of those 36 routes, 13 were intro-

duced this year. New bases that are part of an imminent expansion plan could also be created at other Portuguese airports in the next few months, along with more routes to destinations that could possibly include Lisbon, Madeira and the Azores, "should the right conditions be created", reasoned Daniel de Carvalho, Ryanair's European Communications Manager.

Daniel de Carvalho updated **The Portugal News** on Ryanair's expansion within Portugal and explained "We will announce two new bases this month, but not in Portugal. We will announce more bases over the coming months and Faro could be one of them."

"We asked the Airport to create better pricing conditions for airlines that bring more passenger traffic. Specifically, we suggested that in winter the Airport charges should reflect the weaker demand by offering lower prices. 'Airlines must discount Airfares in low peak periods to bring passengers to the airport'."

Of Faro he said "The Airport and the region can provide much

needed services for their passengers and benefit from the increased traffic. Airport charges in winter should be much lower than in summer then more routes, more passengers, and even lower fares would be the result".

Ryanair's new routes from Faro for 2009/2010 have recently been announced, and include flights to Leeds (from end of March next year), Liverpool and a domestic flight to Oporto, from October 27<sup>th</sup> and 26<sup>th</sup>, respectively, this year.

To celebrate its first Portuguese domestic flight, which will fly four times a week between Faro and Oporto, Ryanair launched the route at a €5 all-inclusive one-way fare.

Ryanair's successful low-cost business model has catapulted the airline to the third-largest in Europe in terms of passenger numbers and the world's largest in terms of international passenger numbers. It has boosted its astronomical expansion by selling millions of tickets at rock-bottom prices such as £1/€1, including taxes, setting the pace for the industry and proceeding to regularly intrigue passengers with equally outlandish promotions ever since. And despite this year's economic crisis Ryanair's passenger figures are up by more than 10 million in comparison to 2008.

On February 21<sup>st</sup> this year the company confirmed it was aim-



Ryanair planes parading the company's livery.

ing to completely eliminate conventional check-in desks at airports by 2010, making Ryanair the first exclusively online check-in company, another cost-cutting procedure.

This has, however, been a cause of confusion for the less experienced on-line traveller as the process is still a relatively new introduction. It is, nonetheless, very simple and entails just one more step after booking tickets, to attain a boarding pass, which is also printed at home and can be done from 21 days to four hours before flying. Online check-in, now mandatory on all Ryanair flights, is time and cost-efficient, eliminating the need to queue to check-in. Baggage is dropped off at a designated desk where pre-printed boarding cards are checked, or, if taking cabin luggage, passengers proceed straight to security, where their boarding cards and passports are checked.

Ryanair's more recent (and somewhat bizarre) ideas to keep fares low include a charge to use on-board loos, standing only tickets, introducing surcharges for 'overweight' passengers, and carrying one's own luggage across the runway and putting it

on the plane oneself (at least this way passengers can be sure their luggage will arrive at the same destination). None have, as yet, been implemented.

One of the main obstacles low-cost airlines have faced in converting dedicated full-frills travellers to the more basic option is overcoming the concern that turn-around times are too short for technicians to properly inspect, restock, clean and refuel aircraft for returning journeys.

Of Ryanair's turn-around procedure Daniel de Carvalho explained "Ryanair, like all European airlines, follows national (Irish) and European legislation and regulations as well as the high safety procedures issued by the aircraft manufacturer."

"Ryanair has maintained a remarkable safety record for more than 24 years which is why this year 67 million passengers will fly on one of Ryanair's 1,200 daily flights".

## The Portugal News TRAVEL WEBSITE

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Helsinki ... ..	€226.78
Johannesburg ... ..	€703.48
Warsaw ... ..	€220.91
Berlin ... ..	€219.98
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17 SEP-23 SEP



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**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
13.55  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
(10.00-12.15 Sat & Sun)  
**2 Up**  
Animation PV  
(12.20 Sat & Sun) 14.40  
**The Other Man**  
Liam Neeson, Antonio Banderas  
17.00-19.10-21.20  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
(23.50 Thu-Sat)  
**3 My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
16.30-18.50-21.10(23.30 Thu-Sat)  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
(11.10 Sat & Sun) 13.50  
**4 A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
(10.50 Sat & Sun) 13.35-16.20-19.05-21.50  
(00.30 Thu-Sat)  
**5 The Hurt Locker**  
Jeremy Renner, Anthony Mackie  
13.00-15.50-18.40-21.30(00.20 Thu-Sat)  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
(10.45 Sat & Sun)  
**6 Ponyo on the Cliff by the Sea**  
Animation PV  
(10.10-12.40 Sat & Sun)  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
15.20-18.10(00.10 Thu-Sat)  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
21.00  
**7 Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
15.00-17.20-19.40-22.00(00.25 Thu-Sat)  
**Up**  
Animation OV  
(11.40 Sat & Sun)  
**8 What Just Happened**  
Robert DeNiro, Bruce Willis  
13.50-19.25-21.45(00.15 Thu-Sat)  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
16.10  
**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson  
(11.00 Sat & Sun)  
**9 The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
14.30-17.10-22.10(00.35 Thu-Sat)  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
19.50

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17 SEP-23 SEP



**1 Inglourious Basterds**  
Brad Pitt, Eli Roth  
12.40-15.35-18.30-21.25(00.20 Thu-Sat)  
**2 The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
13.10-15.15-17.20-19.20-21.15(23.35 Thu-Sat)  
**3 Up**  
Animation PV  
13.00-15.05-17.10-19.25  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
21.20(23.45 Thu-Sat)  
**4 Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
13.15-15.40-18.20-21.00(23.30 Thu-Sat)  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
13.25-15.30  
**Cleaner**  
Samuel L. Jackson, Eva Mendes  
17.30-19.30-21.50(00.15 Thu-Sat)  
**6 Taking Woodstock**  
Emile Hirsch, Live Schreiber  
13.50-16.20-19.00-21.30(00.05 Thu-Sat)  
**7 My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
13.40-16.30-18.55-21.40(00.00 Thu-Sat)

**8 A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
13.20-16.00-18.35-21.30(00.10 Thu-Sat)  
**9 The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
13.30-16.10-18.40-21.10(23.50 Thu-Sat)

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17 SEP-23 SEP



**1 A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
13.00-15.40-18.30-21.30(00.05 Thu-Sat)  
**2 The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
13.10-15.50-18.40-21.10(23.50 Thu-Sat)  
**3 Cleaner**  
Samuel L. Jackson, Eva Mendes  
13.30-16.10-19.00-22.00(00.15 Thu-Sat)  
**4 Up**  
Animation PV  
12.50-14.55-17.10-19.25  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
21.50(00.10 Thu-Sat)  
**5 Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
13.20-16.00-18.50-21.40(00.00 Thu-Sat)  
**6 Inglourious Basterds**  
Brad Pitt, Eli Roth  
12.40-15.30-18.25-21.20(00.20 Thu-Sat)

**CENTRE**

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17 SEP-23 SEP

**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**The Hurt Locker**  
Jeremy Renner, Anthony Mackie  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
**The Other Man**  
Liam Neeson, Antonio Banderas  
**Millennium: Part 1**  
Michael Nyqvist, Noomi Rapace  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Cleaner**  
Samuel L. Jackson, Eva Mendes  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**Inglourious Basterds**  
Brad Pitt, Eli Roth

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17 SEP-23 SEP

**The Hurt Locker**  
Jeremy Renner, Anthony Mackie  
**Push**  
Chris Evans, Dakota Fanning  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Cleaner**  
Samuel L. Jackson, Eva Mendes  
**Deception**  
Ewan McGregor, Hugh Jackman  
**What Doesn't Kill You**  
Mark Ruffalo, Ethan Hawke  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**My Mom's New Boyfriend**  
Meg Ryan, Antonio Banderas  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Up**  
Animation PV & OV  
**Public Enemies**  
Johnny Depp, Christian Bale

**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson

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17 SEP-23 SEP

**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Millennium: Part 1**  
Michael Nyqvist, Noomi Rapace

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17 SEP-23 SEP

**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**Inglourious Basterds**  
Brad Pitt, Eli Roth

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**COLOMBO**  
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17 SEP-23 SEP

**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**Cleaner**  
Samuel L. Jackson, Eva Mendes  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Up**  
Animation PV  
**Millennium: Part 1**  
Michael Nyqvist, Noomi Rapace  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten

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17 SEP-23 SEP

**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**Séraphine**  
Genevieve Mnich, Anne Bennent  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**The Other Man**  
Liam Neeson, Antonio Banderas  
**What Doesn't Kill You**  
Mark Ruffalo, Ethan Hawke  
**Filth and Wisdom**  
Holly Weston, Eugene Hutz  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**My Mom's New Boyfriend**  
Meg Ryan, Antonio Banderas  
**Personal Effects**  
Michelle Pfeiffer, Ashton Kutcher  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Up**  
Animation OV  
**Public Enemies**  
Johnny Depp, Christian Bale

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17 SEP-23 SEP



**The Hurt Locker**  
Jeremy Renner, Anthony Mackie  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Up**  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
**The Hangover**  
Bradley Cooper, Ed Helms  
**17 Again**  
Zac Efron, Matthew Perry

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17 SEP-23 SEP

**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**Inglourious Basterds**  
Brad Pitt, Eli Roth

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17 SEP-23 SEP



**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Cleaner**  
Samuel L. Jackson, Eva Mendes  
**Crossing Over**  
Harrison Ford, Ray Liotta  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Public Enemies**  
Johnny Depp, Christian Bale  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
**The Hangover**  
Bradley Cooper, Ed Helms  
**Up**  
Animation

**NORTH**

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**ARRÁBIDA SHOPPING**  
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17 SEP-23 SEP



**Push**  
Chris Evans, Dakota Fanning  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**What Just Happened**  
Robert DeNiro, Bruce Willis  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Cleaner**  
Samuel L. Jackson, Eva Mendes  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**The Other Man**  
Liam Neeson, Antonio Banderas  
**Crossing Over**  
Harrison Ford, Ray Liotta  
**What Doesn't Kill You**  
Mark Ruffalo, Ethan Hawke  
**Filth and Wisdom**  
Holly Weston, Eugene Hutz  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**My Mom's New Boyfriend**  
Meg Ryan, Antonio Banderas  
**Personal Effects**  
Michelle Pfeiffer, Ashton Kutcher

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Up**  
Animation OV  
**Public Enemies**  
Johnny Depp, Christian Bale  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**The Hangover**  
Bradley Cooper, Ed Helms

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**DOLCE VITA COIMBRA**  
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17 SEP-23 SEP

**The Hurt Locker**  
Jeremy Renner, Anthony Mackie  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**Ponyo on the Cliff by the Sea**  
Animation PV & OV  
**Crossing Over**  
Harrison Ford, Ray Liotta  
**My Mom's New Boyfriend**  
Meg Ryan, Antonio Banderas  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**Up**  
Animation PV  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler

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**DOLCE VITA DOURO**  
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17 SEP-23 SEP

**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Passengers**  
Anne Hathaway, Patrick Wilson  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta

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17 SEP-23 SEP

**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**The Other Man**  
Liam Neeson, Antonio Banderas  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**The Hurt Locker**  
Jeremy Renner, Anthony Mackie

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**BRAGA PARQUE**  
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17 SEP-23 SEP

**Up**  
Animation PV  
**Cleaner**  
Samuel L. Jackson, Eva Mendes  
**Push**  
Chris Evans, Dakota Fanning  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler

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17 SEP-23 SEP

**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz

**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**Millennium: Part 1**  
Michael Nyqvist, Noomi Rapace  
**Charlie Bartlett**  
Anton Yelchin, Robert Downey Jr

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17 SEP-23 SEP

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Push**  
Chris Evans, Dakota Fanning  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid

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17 SEP-23 SEP

**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
**Cleaner**  
Samuel L. Jackson, Eva Mendes  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**The Hurt Locker**  
Jeremy Renner, Anthony Mackie  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler

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17 SEP-23 SEP

**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**Taking Woodstock**  
Emile Hirsch, Live Schreiber  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Millennium: Part 1**  
Michael Nyqvist, Noomi Rapace  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Los Abrazos Rotos**  
Penélope Cruz, Lluís Homar  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten

**LUSOMUNDO**  
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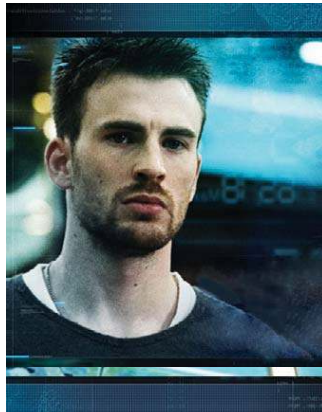
17 SEP-23 SEP

**A Esperança Está Onde Menos Se Espera**  
Carlos Nunes, Alcídia Vaz  
**My Sister's Keeper**  
Cameron Diaz, Abigail Breslin  
**The Taking of Pelham 1 2 3**  
Denzel Washington, John Travolta  
**Ghosts of Girlfriends Past**  
Matthew McConaughey, Jennifer Garner  
**Up**  
Animation PV  
**The Final Destination 4**  
Bobby Campo, Shantel VanSanten  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Push**  
Chris Evans, Dakota Fanning  
**Blood: The Last Vampire**  
Gianna Jun, Allison Miller  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Millennium: Part 1**  
Michael Nyqvist, Noomi Rapace  
**My Mom's New Boyfriend**  
Meg Ryan, Antonio Banderas  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
**Passengers**  
Anne Hathaway, Patrick Wilson  
**Deception**  
Ewan McGregor, Hugh Jackman

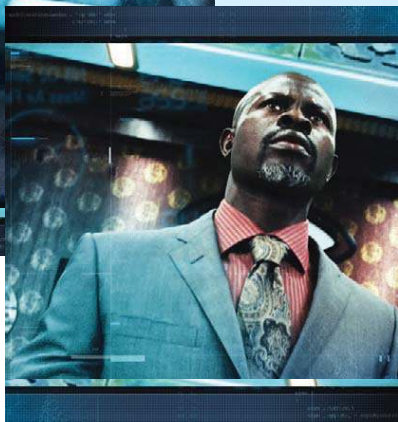
**PV = Portuguese Version**  
**OV = Original Version**







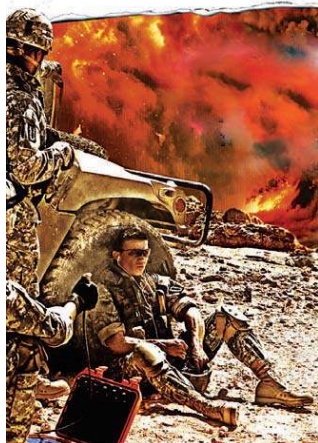
*Push* is set in a deadly world of psychic espionage where the ability to move objects using only the mind, see the future, create new realities and kill without ever touching the victim can turn a person into lethal weapon - or a target. A young man and a teenage girl with extraordinary gifts take on a clandestine agency in a battle they can



win, only if they can change the future. Starring Chris Evans, Dakota Fanning, Camilla Belle and Academy Award nominee Djimon Hounsou, *Push* combines the bold visual style of director



Paul McGuigan (*Lucky Number Slevin*) with heart-pounding special effects and an unforgettable story.

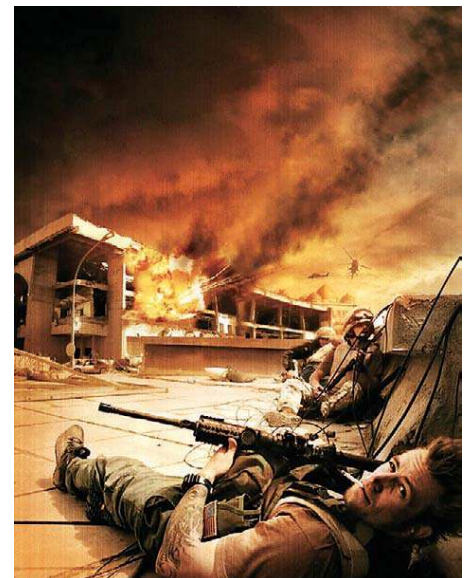


From visionary filmmaker Kathryn Bigelow, *The Hurt Locker* is a war thriller that follows a United States Army Explosive Ordnance Disposal (EOD) unit during the Iraq War. The film is based on first-hand observation by Mark Boal, a freelance writer who was embedded with



an EOD unit. Starring Jeremy Renner, Anthony Mackie, and Brian Geraghty as members of a U.S. Army Explosive Ordnance Disposal (EOD) unit in Iraq and follows their tour together as they contend with defusing bombs, the threat of insurgency, and the tension that develops between them. The movie also stars Evangeline Lilly, Ralph Fiennes, David Morse and Guy Pearce. It was shot in the Middle East, specifically in Jordan, within miles of the Iraq border.

*The Hurt Locker* couples grippingly realistic action with intimate human drama to portray soldier psychology in a high-risk profession where men volunteer to face deadly odds.

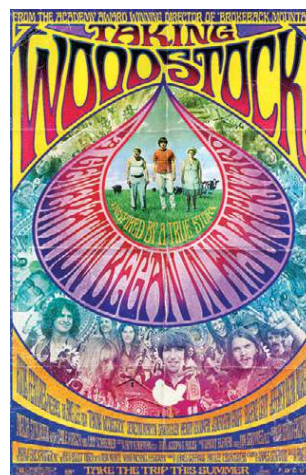
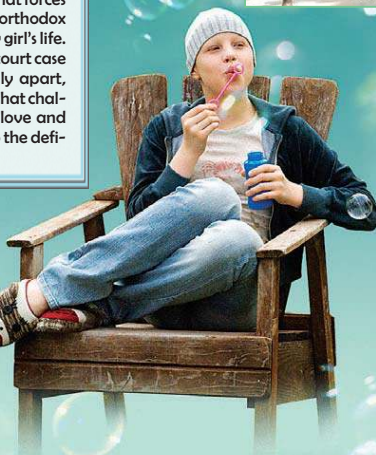


*My Sister's Keeper* is a drama film adaptation of the novel of the same name by Jodi Picoult starring Cameron Diaz, Abigail Breslin, Sofia Vassilieva, and Alec Baldwin, with Nick Cassavetes directing.

Sara (Cameron Diaz) and Brian (Jason Patric) live an idyllic life with their young son and daughter. But their family is rocked by sudden, heartbreaking news that forces them to make a difficult and unorthodox choice in order to save their baby girl's life. Their actions ultimately set off a court case that threatens to tear the family apart, while revealing surprising truths that challenge everyone's perceptions of love and loyalty and give new meaning to the definition of healing.



my sister's keeper



*Taking Woodstock* is the new film from Academy Award-winning director Ang Lee - and it's a trip! Based on the memoirs of Elliot Tiber, the comedy stars Demetri Martin as Elliot, who inadvertently played a role in making 1969's Woodstock Music and Arts Festival into the famed happening it was. Featuring a standout ensemble cast - including Emile Hirsch, Jeffrey Dean Morgan, Imelda Staunton and Liev Schreiber - and songs from a score of '60s musical icons including The Grateful Dead, The Doors and Jefferson Airplane, *Taking Woodstock* is a joyous voyage to a moment in time when everything seemed possible.



## Film Classification

The Hurt Locker - M/12  
Push - M/12  
My Sister's Keeper - M/12  
Taking Woodstock - M/16  
The Final Destination 4 - M/12  
Cleaner - M/12

Deception - M/12  
Los Abrazos Rotos - M/12  
The Other Man - M/12  
Crossing Over - M/12  
What Doesn't Kill You - M/16  
Filth and Wisdom - M/12  
The Taking of Pelham 1 2 3 - M/12

Ghosts of Girlfriends Past - M/12  
Charlie Bartlett - M/12  
Personal Effects - M/12  
Pony on the Cliff by the Sea - M/6  
Inglorious Basterds - M/16  
Up - M/6  
Public Enemies - M/12

M/4 - Suitable for audiences aged four years and over  
M/6 - Suitable for audiences aged six years and over  
M/12 - Suitable for audiences aged 12 years and over  
M/16 - Suitable for audiences aged 16 years and over  
M/18 - Suitable for audiences aged 18 years and over



## HIGHLIGHTS



10h00 to 18h00 - jillparkinson.wordpress.com

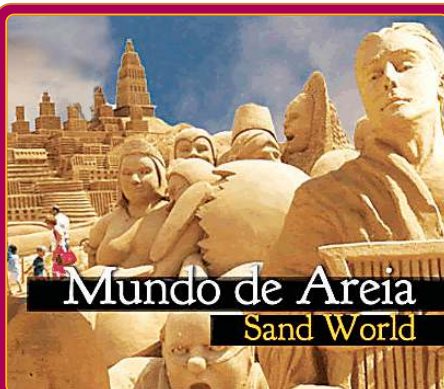
**LAGOS - Until September 20 - Exhibition at the Old Slave Market** - Taking part are Jewellery Designer Caroline Bell and painters Sue Rubira, Jill Parkinson, Liz Lawson, Pickles and Gabriela Clark - Open from



**SÃO BRÁS DE ALPORTEL - September 25 - Sephardic Music Concert at the São Brás Museum - 20h30** - In the year 711, Arab armies began their invasion of the Iberian Peninsula, and following close behind were 50,000 Jews from Africa and Asia. For the next 700 years, the Jews in Iberia, known as Sephardim, developed their music influenced by the strong rhythms of Arab music, Spanish music, and the songs of the French troubadours. The language of Sephardic music is generally Ladino, the language spoken by the Jews in Iberia at that time.



**LAGOS - Until September 30 - Exhibition of Paintings by local artists** - The exhibition can be visited at the Slave Market - The artists, who all live in the Western Algarve, are Cliff Martin, Brendan West and Caroline Wood who have all exhibited in the Algarve for a number of years - They paint mainly in oils and also watercolour and mixed media - The exhibition is open from 10h00 to 20h00 - For more information, please call 968 881 725



**PERA - Until Oct 22 - FIESA 2009 - 'Discoveries' - VII International Sand Sculpture Festival** - The greatest Sand City in the World - Snack Bar, Shops, Bungee Jumping, Daily Sand Sculpture Activities, Magical Nights of Sound and Light, Video projections from Making of - **Prices:** Adults: €8; Children from 6 to 12 years old: €4.5; Free up to 5 years old - Special conditions for groups: 969 459 259 / 61 or fiesa@prosandart.com - **Daily Agenda:** 10h-13h/16h-20h: Free Sand Sculpture Activities for all ages: 21h-24h: Video projections with documentary images of the construction of Fiesa2009; **Sunday to Thursday:** 19h-23h Street Arts and Circus Animation; **Friday:** 21h-24h Chill Out DJ Party Festival; **Saturday:** 21h-24h DJ Sir Aiva Chill Out, Nu-Jazz or Downtempo - **How to get there:** From the highway A22 exit 8 (Algoz/Perla); From EN125, at Pera follow directions - GPS 37°07' 43.35" N / 8°19' 56.04" W - Construction site on the road to Algoz - Open daily from 10h00 to 24h00 (from 22 Sep to 22 Oct open from 10h00 to 21h00) - 969 459 259 - www.fiesa.org

## ALBUFEIRA

## UNTIL SEPTEMBER 19

**Exhibition 'Cores e Formas dos Novos Artistas' (Colours and Forms from New Artists** - Municipal Art Gallery - Open daily from 11h30 to 17h30; closed on Sundays and public holidays - www.cm-albufeira.pt



## UNTIL SEPTEMBER 28

**Fund Raising Exhibition** - 20 paintings by the children of Pirlampos for sale to raise funds, of which 100% goes to the Pirlampos Childrens Home - also paintings by David Haines and Armada d'Eça of which 15% of all sales will also go to the childrens home - Donations of money and essentials, like tooth paste, soap, shampoo, rice etc. will be gratefully accepted - Municipal Art Gallery on the central square

## ALMANCIL

## SEPTEMBER 23 &amp; 26

**September concerts** - 23rd: Debra Fast (violin) & Sandro Ivo Bartoli (piano); 26th: Sandro Ivo Bartoli (piano) - Centro Cultural São Lourenço - Wine and canapés are served from 19h00 and also during the interval - Entry: €25 for guests and non-members - 289 395 475 - www.centrocultural.saolourenco.com

## UNTIL OCTOBER 1

**Exhibition 'Covers and Narratives' by Carlos Barão** - Centro Cultural São Lourenço - 289 395 475 - ccsli@iol.pt

## FARO

## UNTIL SEPTEMBER 20

**After Dark Street Entertainment at Fábrica de Cerveja (Beer Factory)** - 22h00 to 5h00 - Open air music & entertainment in the old part of the city - Programme: Mondays: Fado Evenings; Tuesdays: Jazz Evenings; Fridays: Latin Music - From 1am onwards: Music from the '80s - 289 803 711 - www.ambifaro.org

## SEPTEMBER 26

**Concert by Madredeus & A Banda Cómica** - Teatro das Figuras - 21h30 - Tickets are €15 and €20 - 289 888 100 - www.teatromunicipaldefaro.pt

## LAGOS

## OCTOBER 10

**Tabletop/Carboot sale** - Almádena Social Centre - Lots to buy and sell from 14h00 to 17h00 - To book your pitch contact patallan@sapo.pt - 282 697 548

## SOUTH

## DAILY

**New Charity Shop in Amádena** - Bridget Hicks thanks the support and loyalty of her shop ladies and all the people of Almádena over the many years - A Charity Shop with a difference in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - Lots of nearly new clothes and other items - Come for a cup of wine and a good laugh - Call Bridget Hicks for directions on 282 687 334 (LAPS - Lagos Animal Protection Society)

## EVERY MONDAY

**New Orleans Jazzband** - free concert at Tivoli Hotel, Rua Vasco da Gama 20h30 - Details 289 591 804

## LOULÉ

## UNTIL SEPTEMBER 24

**Solo Exhibition 'Retratos Românticos' (Romantic Portraits) by Henrique Silva** - Chá d'Arte - D. Pedro Square, g/floor n° 5-6 - 918 639 810

## UNTIL OCTOBER 5



**Dance of the Bears - 'Evolution' The journey of ten**

thousand miles begins with the first step - Dance of the Bear exhibit was created by Karl Heinz with outstanding 3D artwork of 26 artists under the theme 'Evolution' - Blank 'canvases' (bears) will be on display for artists, spectators, students to express their view on 'evolution'

## MONCHIQUE

## UNTIL OCTOBER 9

**Collective Exhibition 'Magical Algarve'** by Caroline da Costa, Christine Páris Montech, Cony Welcker, Corine Thion, Ernesto Mies, Peter de Jong and Rosário Mendes - Arte Algarve Gallery on the main square - Tue-Fri 11h00-16h00

## PADERNE

## DAILY

**Collection by 3 artists at Galeria Corte Real** - Florence Clayette (Flock), Meinke Flesseman & Clifford Martin Tuson - Signposted from Ferreiras, Boliqueime & Pademe - 918 980 199 / 912 737 762

## TAVIRA

## SEPTEMBER 24 TO 27



**Tavira host Sport Zone Experience** - 4,000 participants at the Sport Zone Experience - This year with new activities, workshops, demos, urban sports and the same magic - The Island of Tavira has become small for the many participants of Sports Island - Sport Zone Experience is an event promoting sport with professionalism and quality - 927 514 836 - www.cm-tavira.pt

## NORTH

## PORTO

## DAILY

**Casa da Música:** guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: € 2; Free for children under 12 - T. 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

## DAILY

**Serralves Foundation:** Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

## UNTIL SEPTEMBER 20

**Exhibition Serralves 2009: The Collection 20ANOS10** - Serralves Museum on D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

## OCTOBER 22

**La Traviata** - La Traviata opera from Giuseppe Verdi - 21h30 - Coliseu do Porto on Rua Passos Manuel, 137 - T. 223 394 940 / 707 234 234 - See bottom of the page and www.coliseudoporto.pt

## GUIMARÃES

## UNTIL NOVEMBER 29

**Painting Exhibition by Adelina Lopes** - Adelina Lopes creates images from montages and association of common objects with several types of material which are strewn about in our daily lives, and in this process, the artist established a broad dialogue with the public which observes her work - 22h00 - Free entrance - Centro Cultural Vila Flor - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

12 SET A 29 NOV  
EXPOSIÇÃO  
ADELINA LOPES



## CENTRE

## CASCAIS

## DAILY

**Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

## ESTORIL

## DAILY

**Show 'Space Invaders' at the Arena Lounge** - Also other shows, games, concerts and art - Casino Estoril - 214 667 700 - 214 825 400 - Info.estoril@estoril-sol.com

www.the-news.net

## LISBON

## DAILY

**Influxcontemporary is a new space dedicated to African Contemporary Art** - Open Wed-Sat: 14h-19h - R. Fernando Vaz, 20B - 918 501 234 - www.influxcontemporary.com

## DAILY

**Pena Palace** - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

Lisbon Summer Concerts  
(Tickets: See details bottom page)

**September 18, 19, 20 - 5th Tattoo & Rock Festival Conv Artes Alternativas** - Sala Tejo of Pavilhão Atlântico - Tickets: €5 (€10) for Saturday concerts) - **September 28 -**

**Green Day / 21st Century Breakdown Tour** - Pavilhão Atlântico - 20h00 - **October 10 - Diana Krall in Concert** - Jazz - Campo Pequeno - 22h00 - **October 30 - Backstreet Boys** - Pavilhão Atlântico - 21h00 - **October 31 & November 1 - Mariza in Concert in Fado Concert** - Coliseu dos Recreios - 22h00 - **December 7 - Concert by the Prodigy** - Sala Atlântico of Pavilhão Atlântico - Tickets: From €30 to €40)



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000



## BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Eating in the Sun. (T) 12.00 BBC News: Weather. (T) 12.15 Football Focus. (T) 1.00 Live Athletics. The Great City Games. (T) 2.30 Live Davis Cup Tennis. Great Britain v Poland. (T) 4.30 Final Score. (T)

5.20 BBC News: Regional News: Weather. (T)  
5.40 As Seen on TV. With Sally Lindsay, Danny Wallace, Jo Joyner and Marshall Lancaster. (R) (T)

6.10 Walk on the Wild Side. An exotic bird pays tribute to Michael Jackson. Last in the series. (T)

**6.40 Merlin.** New series. The wizard exposes the new servant as a conman. With Mackenzie Crook. (T)

7.25 Strictly Come Dancing. Following last night's opening show, Bruce Forsyth and Tess Daly welcome back the first eight celebrities, Ali Bastian, Lynda Bellingham, Joe Calzaghe, Ricky Groves, Martina Hingis, Chris Hollins, Jade Johnson and Rav Wilding, to perform either a cha-cha-cha or a rumba. The two couples with the lowest scores then face each other in a dance-off, before judges Len Goodman, Alesha Dixon, Craig Revel Horwood and Bruno Tonioli decide who to eliminate. This year's new professional dancers also get the chance to show off their skills. The next show can be seen on Friday. (T)

9.05 The National Lottery Draws. Gethin Jones is live from Lottery HQ with the weekend draws and special guests Suggs and Woody from Madness. (T)

9.15 Casualty. The remaining trainees deal with the recent tragedy in their own ways as Adam Spitts them up. Yuki is horrified to see a severed head, while Lenny seems obsessed with gore. (T)

10.05 BBC News: Weather. (T) National Lottery Update. (T)

10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, featuring West Ham United v Liverpool, Arsenal v Wigan Athletic and Burnley v Sunderland. The Reds were looking to extend their excellent recent record at Upton Park, the Latics went in search of their first league victory over the Gunners in their clash at the Emirates Stadium and the Claretts aimed to continue their excellent form at Turf Moor against the visiting Black Cats. (T)

11.40 The Football League Show. Including highlights of Cardiff City v Queens Park Rangers. (T)  
12.55 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.00 BBC News. (T)

(R)-repeat programme;  
(T)-programme with teletext subtitles;  
(S)-programme broadcast in stereo;  
(bw)-black and white.



## BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Do? (R) (T) 8.05 Gimme a Break; (T) Diddy Dick & Dom. (R) (T) 8.35 Wolverine and the X-Men. (R) (T) 9.00 Skate Nation. (T) 10.00 My Almost Famous Family. (T) 10.30 The Legend of Dick & Dom. (R) (T) Diddy Dick & Dom. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 BBC Switch: The Cut. (T) 12.25 BBC Switch: Off the Hook. (T) 12.55 BBC Switch: The 5.19 Show. (T) 1.10 BBC Switch: Chatterjacks. (T) 1.15 BBC Switch: Kyle XY. (T) 2.00 Film 2009 with Jonathan Ross. (R) (T) 2.30 Animal Park. (T) 3.00 Strictly Come Dancing. (R) (T) 4.30 Live Davis Cup Tennis. Great Britain v Poland. (T) 5.30 Sailing Britain's Past. (R) (T) 6.00 FILM: Carry On Matron (1972). A gang of crooks tries to steal contraceptive pills from a maternity hospital. Comedy, starring Sid James, Kenneth Williams and Hattie Jacques. (T) 7.30 Dad's Army. The members of the makeshift platoon throw themselves into their new roles as German soldiers for an Army training film. (R) (T) 8.00 Montezuma. Profile of the Aztec leader and his powerful kingdom. (T) 9.00 Have I Got a Bit More News for You. Satirical quiz. (R) (T) 9.40 Mock the Week. Dara O'Brian hosts the topical quiz, with guests David Mitchell and Sarah Milligan joining regular panelists Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons. (R) (T) 10.10 The Last Nazis. (T) 11.10 Shooting Stars. (R) (T) 11.40 FILM: Stark Raving Mad (2002). Comedy, starring Seann William Scott. (T) 1.15 FILM: The Joy Luck Club (1993). Drama, starring Kieu Chinh. (T) 3.30 Close.

## Pick of the Day

**Merlin (BBC1, 6.40pm)**

It's comforting to know that Saturday nights on BBC One are how they should be again: Match of the Day is on, Strictly Come Dancing is back, Casualty pops up and, although it's not Doctor Who, there's an adventure serial to keep fantasy fans happy. Yes, the boy wizard is back in action, and his latest adventures promise to be even bigger and better than ever before. Well, that's if the bobs at the Beeb are telling us the truth anyway. "We're thrilled to be producing another series of Merlin for the BBC," says Shine Television's Anthony Capps. "It's going to be bigger, bolder and more action-packed than ever, with great new villains, white knuckle fight sequences and hilarious comic fun for the whole family to enjoy." With special effects produced by the team at The Mill, which has previously worked on the likes of Doctor Who and the movie Gladiator, you can bet it will at the very least look good. In this opener, the wizard returns to Camelot, and discovers that practising magic is now frowned upon. Here's hoping that won't put him off getting up to his old tricks again. Colin Morgan, Anthony Head and Richard Wilson star, while Mackenzie Crook makes a guest appearance.

## C4

6.00 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (T) 7.00 World Sport. 7.30 British Formula 3 International Series. 8.00 The Morning Line. (T) 8.55 T4: The World's Greatest Pop Star: Contenders. (R) (T) 9.25 T4: The World's Greatest Pop Star: Michael Jackson. (R) (T) 10.25 T4: P Diddy's Starmaker. 12.20 T4: Beyoncé: Video Exclusive. 12.25 T4: Rockports: 2009. (T) 12.40 T4: Scrubs. (R) (T) 1.10 T4: Bestival: T4 Special. (T) 1.45 Channel 4 Racing from Newbury, Ayr and Newmarket. Including the 3.10 William Hill (Ayr) Gold Cup (H'cap) (6f). (T) 3.55 Come Dine with Me. (R) (T) 4.25 Come Dine with Me. (R) (T) 4.55 Come Dine with Me. (R) (T) 5.25 Come Dine with Me. (R) (T) 5.55 Come Dine with Me. (R) (T) 6.30 Channel 4 News. (T) 7.00 FILM: The Lord of the Rings: The Fellowship of the Ring (2001). An unassuming hobbit must destroy a magical ring before it falls into evil hands. Part one of the fantasy trilogy, with Elijah Wood and Ian McKellen. (T) 10.15 Red Riding. (R) (T) 12.20 4Music: Bestival 2009. (T) 1.25 FILM: Buffy the Vampire Slayer (1992). Comedy horror, starring Kristy Swanson. (T) 2.55 Reaper. (R) (T) 3.40 How to Cope with Death. (R) (T) 3.45 In the Time of Angels. (R) (T) 4.00 Salvage Squad. (R) (T) 4.55 Countdown. (R) (T) 5.40 The Treacle People. (R) (T) 5.50 The Hoobs. (R) (T)

## FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Box Bop. (R) (T) 7.10 Elmo's World. (R) (T) 7.30 The Milkshake! Show. (R) (T) 8.00 Noddy in Toyland. (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.35 Rupert Bear. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Mr Men Minis. (T) 9.35 Bert and Ernie's Great Adventures. (R) (T) 9.45 Mist: Sheepdog Tales. (R) (T) 10.00 The Grid. (T) 10.30 NFL. (T) 11.30 The Gadget Show. (R) (T) 12.30 Fifth Gear. (R) (T) 12.45 FILM: The Big Valley: Flight of the Lost Souls (1968). Western based on the TV series, with Barbara Stanwyck. (T) 2.45 FILM: Torpedo Run (1958). World War Two adventure, starring Glenn Ford. (T) 4.35 FILM: The Naked Spur (1953). Western, starring James Stewart. (T) 6.20 Five News. (T) 6.25 NCIS. (R) (T) 7.15 NCIS. A Navy translator dies in mysterious circumstances. (R) (T) 8.15 CSI: NY. Hawkes and Danny enter the world of celebrity to investigate the death of an heiress, and a man is found dead on Brooklyn Bridge with a stab wound to the chest. (R) (T) 9.15 CSI: Crime Scene Investigation. Catherine, Langston and Brass investigate the murder of a federal agent at a petrol station - and soon begin to suspect the victim's partners may have had a hand in his death. (R) (T) 10.15 Law & Order: Special Victims Unit. (T) 11.15 The FBI Files. (R) (T) 12.15 SuperCasino. 3.55 The FBI Files. (R) (T) 4.45 Rough Guide to Bang for Your Buck. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Scratch 'n' Sniff's Den of Doom. (T) 10.10 FILM: Swallows and Amazons (1974). Children's adventure, starring Virginia McKenna. (T) 11.55 ITV News and Weather. (T) 12.00 Who Wants to Be a Millionaire? Celebrity. (R) (T) 1.00 FILM: Agatha Christie's Murder in Three Acts (1986). Mystery, starring Peter Ustinov. (T) 2.45 FILM: Chitty Chitty Bang Bang (1968). Children's musical adventure, starring Dick Van Dyke. (T)

5.30 London Tonight: Weather. (T)

5.45 ITV News and Weather. (T)

6.00 People Do the Funniest Things Abroad. Stephen Mulhern presents a collection of quirky stories and comic home-videos from around the world. Among the clips featured is a pig-squealing competition, a bungee-jump wedding and a flying carnival. (T)

7.00 The Cube. Electrical control engineer Jonny Lowery competes in the game show in which contestants complete apparently simple tasks within the confines of a transparent cube to win the jackpot of #250,000. Each player has nine lives and must accomplish up to seven challenges, ranging from agility tests to skill trials, with one opportunity to simplify a task if they believe they will not succeed. Presented by Phillip Schofield. (T)

8.00 The X Factor. In the first of two shows this weekend bringing the 2009 auditions to a close, Simon Cowell, Louis Walsh, Cheryl Cole and Dannii Minogue celebrate 100 shows of The X Factor and give their verdicts on more solo acts and groups trying to earn a place in the bootcamp stage of the talent contest. Presenter Dermot O'Leary meets the contestants and their friends and families backstage as they talk about their experiences and come to terms with success or failure. Continues tomorrow. (T) FILM: Casino Royale (2006). Premiere. James Bond pursues an international criminal responsible for financing the world's terrorists. Spy thriller, with Daniel Craig and Eva Green. (T)

11.05 ITV News and Weather: Weather. (T)  
11.20 FILM: Casino Royale (2006). Concluded. (T) 12.15 Cheryl Cole Video Exclusive: Fight for This Love. (T) 12.25 FILM: Carillo's Way (1993). Crime thriller, starring Al Pacino; (T) ITV News Headlines. 2.50 Crossing Jordan. (R) (T) 3.35 ITV Nightscreen.

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## LOCAL

**RTP1**  
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1530 Os Contemporâneos 1600 Festa das Vindimas 1930 Contra Informação 2000 News 2100 A Voz do Cidadão 2115 Dá-me Música 2300 Carta Pesada 0000 The Tudors, series 0200 Criminal, film 0330 Teleales 0605 Euronews

**RTP2**  
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Zag 1230 Film 1400 Mandela: In Name of Freedom 1500 Sports 1930 Entre Pratos 2100 Anos Lusos 2155 A Hora da Sorte 2200 News 2240 Sideways, film 0100 Magnolia, film 0330 Euronews

**SIC**  
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1015 Tween Box 1100 O Mundo de Patty 1200 Our World 1300 News 1400 Episódio Especial 1500 Film 1645 Film 1930 TBA 2000 News 2130 Salve-se Quem Puder Famosos 2315 Caminho das Índias 0015 Film 0215 Quando o Telefone Toca

**TVI**  
0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2230 Sentimentos 2330 Flor, film 0200 0015 Bridget Jones's Diary, film 0230 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Teleales

## Best of the Rest

**BBC3**  
7.00 The Real Hustle Las Vegas 7.10 The Real Hustle 7.25 Merlin Secrets and Magic 8.15 Top Gear 9.15 Jack Dee Live at the Apollo 10.05 Film: Legally Blonde 12 (2001) 11.35 Family Guy 11.55 Family Guy 12.20 Harper's Island 1.00 Harper's Island 1.40 Not Tell the Bride 2.40 How Not to Live Your Life 3.05 Off the Hook 3.35 Clever v Stupid 4.05 The Real Hustle 4.20 Merlin Secrets and Magic 5.10 Close

**BBC4**  
7.00 The Great Ossian Hoax: McCall Smith Investigates 7.30 Film: Mrs Brown PG (1997) 9.10 Balmoral 10.10 Boswell and Johnson's Tour of the Western Isles 11.10 Samuel Johnson: The Dictionary Man 12.10 Balmoral 1.10 Film: Gregory's Girl 15 (1981) 2.40 The Great Ossian Hoax: McCall Smith Investigates 3.10 Balmoral 4.10 Close

**ITV2**  
1.15 Film: Scooby-Do 2: Monsters Unleashed PG (2004) 3.00 The Xtra Factor 4.05 The Cube 5.05 Paris Hilton's Best American Friend Forever 6.05 Film: A Cinderella Story PG (2004) 8.00 Superhuman: World's Tallest Children 9.00 Pixie Lott: The Hot Desk 9.15 The Xtra Factor 10.15 Film: The Island 12 (2005) 1.00 Alexandra Burke: Video Exclusive 1.05 The X Factor 2.20 The Xtra Factor 3.10 Teleshopping 5.40 ITV2 Nightscreen



**Sky1**  
1.00 Don't Forget the Lyrics 2.00 Oops TV 2.30 Oops TV 3.00 Road Wars 4.00 The Real A&E 5.00 Grease: The School Musical 6.00 The Simpsons 6.30 The Simpsons 7.00 Futurama 7.30 Futurama 8.00 UK Border Force 9.00 Justin Lee Collins: Ten Pin Bowling 10.00 Lie to Me 11.00 Football Behind Bars 12.00 Road Wars 1.00 One and Other 1.50 Night Gops 2.40 Road Wars 3.30 Road Wars 3.55 Australia's Deadliest Destinations 4.50 Bite Size Brainiac 5.10 Are You Smarter Than a 10 Year Old?

**GOLD**  
2.40 Only Fools and Horses 3.20 Only Fools and Horses 4.00 Only Fools and Horses 4.40 Only Fools and Horses 5.20 Only Fools and Horses 6.05 The Vicar of Dibley 7.00 As Time Goes By 7.40 As Time Goes By 8.20 As Time Goes By 9.00 Jonathan Creek 10.55 Jonathan Creek 12.15 Close Up 12.25 Film: Thirteen Days 12 (2000) 3.00 Close

**TCM**  
1.00 Welcome to Hard Times PG (1967) 3.00 Travels with My Aunt PG (1972) 5.05 Montana PG (1950) 6.30 Band of Angels PG (1957) 9.00 The Story of Us 15 (1999) 10.50 The Screening Room 11.25 The Hunger 18 (1983) 1.15 Lean on Me 18 (1988) 3.00 Teleshopping 5.00 Welcome to Hard Times PG (1967)

**The Disney Channel**  
Kids' programmes from 7am, except: 4.00 Film: The Cheetah Girls: One World PG (2008) Comedy sequel, starring Adrienne Bailon.

## Sky Movies Drama

6.00 Jack PG (1996) 8.00 The Top 10 Show 8.20 The Astronaut Farmer PG (2006) 10.10 Daydream Believers: The Monkees Story 15 (2001) 11.50 Dad PG (1989) With Jack Lemmon. 1.50 21 12 (2008) With Kevin Spacey. 3.55 Away We Go Special 4.15 Agnes of God 15 (1985) With Jane Fonda. 6.00 The Jane Austen Book Club 12 (2007) With Kathy Baker. 8.00 21 12 (2008) With Kevin Spacey. 10.10 Varsity Blues 15 (1999) With Jon Voight. 12.00 The Good German 15 (2006) With George Clooney. 2.00 Body of Evidence 18 (1992) With Madonna. 3.45 The Movie Geek 4.15 The Simple Life of Noah Dearborn PG (1999)

## Sky Movies Comedy

7.00 35MM 7.30 Surf's Up PG (2007) 9.00 Pirates of the Caribbean: At World's End 12 (2007) 11.10 Spider-Man 3 12 (2007) With Tobey Maguire. 1.30 Twilight 15 (1998) With Paul Newman. 3.10 Rush Hour 3 12 (2007) With Jackie Chan. 4.45 Spider-Man 3 12 (2007) With Tobey Maguire. 7.05 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 9.00 Road House 18 (1989) With Patrick Swayze. 11.00 300 15 (2006) With Gerard Butler. 1.00 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 2.55 The Corruptor 18 (1999) With Chow Yun-Fat. 4.50 Airport 1975 PG (1974)

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## HOW?

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Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 8.00 Road Trip 15 (2000) With Breckin Meyer. 9.40 American Pie 15 (1999) With Jason Biggs. 11.20 American Pie 2 15 (2001) With Jason Biggs. 1.10 Road Trip 15 (2000) With Breckin Meyer. 2.50 The Great White Hope 15 (1996) With Samuel L. Jackson. 4.25 The Sugarland Express PG (1974)

## Sky Movies Action/Thriller

6.05 Airport 1975 PG (1974) 7.55 Twilight 15 (1998) 9.35 Rush Hour 3 12 (2007) 11.10 Spider-Man 3 12 (2007) With Tobey Maguire. 1.30 Twilight 15 (1998) With Paul Newman. 3.10 Rush Hour 3 12 (2007) With Jackie Chan. 4.45 Spider-Man 3 12 (2007) With Tobey Maguire. 7.05 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 9.00 Road House 18 (1989) With Patrick Swayze. 11.00 300 15 (2006) With Gerard Butler. 1.00 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 2.55 The Corruptor 18 (1999) With Chow Yun-Fat. 4.50 Airport 1975 PG (1974)

## Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Football League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Burnley v Sunderland (Kick-off 12.45pm). 3.00 Soccer Saturday 5.30 Live Premiership Rugby Union. Leicester Tigers v Newcastle Falcons (Kick-off 5.35pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Sky Sports Classics 1.30 Champions League Weekly 2.00 Live Big Fight Special. Floyd Mayweather Jr v Juan Manuel Marquez. 5.00 World Sport 5.30 FIFA Futbol Mundial

## Sky Sports 2

6.00 FIFA Futbol Mundial 6.30 Live Rugby Union. A match from the Air New Zealand Cup. 8.30 Live Tri-Nations International Rugby Union. New Zealand v Australia (Kick-off 8.35am). 10.30 NFL: America's Game 11.30 Kiteboard Pro Tour 12.00 Live European Tour Golf. The Austrian Golf Open. 4.00 Tri-Nations International Rugby Union 5.25 Kiteboard Pro Tour 5.55 Live Super League. St Helens v Huddersfield Giants (Kick-off 6.00pm). 8.00 Live Super League. Wakefield Trinity Wildcats v Catalans Dragons (Kick-off 8.00pm). 10.00 Premiership Rugby Union 11.30 Tri-Nations International Rugby Union 10.00 NFL: Total Access 2.00 Football First 3.30 Football First 5.00 NFL: Total Access

## Sky Sports 3

6.00 Sports Unlimited 7.00 Friday Night Night 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 World Sport 12.30 Live Pro40 Cricket. Hampshire Hawks v Nottinghamshire Outlaws. 6.30 Champions League Weekly 7.00 Live Spanish Football. A La Liga match. 9.00 Live Spanish Football. A La Liga match. 11.00 WWE: Late Night: Smackdown 1.00 Spanish Football 3.30 Indy Car Series 5.00 Ironman Triathlon

## British Eurosport

7.30 Athletics 9.00 Eurogoals Weekend 9.10 World Touring Car Championship 9.55 Formula 2 World Championship 10.55 Live Formula Two Championship. The opening race from Imola. 12.00 Inside WTCC 12.30 World Series by Renault 1.00 Live World Series by Renault. The opening race from the Nurburgring. 2.00 Cycling: Vuelta a Espana 3.00 Live Cycling: Vuelta a Espana. The 20th and penultimate stage of the race. 4.45 Live Table Tennis. The European Championships from Stuttgart. 7.30 World Series by Renault 8.30 GP2 Series 9.30 Formula Two Championship 10.30 Cycling: Vuelta a Espana 11.30 Cycling 12.00 Triathlon 1.00 Close

## Sky Sports Xtra

6.00 Race World 7.00 Night Lines 8.00 Super League 10.00 Indy Car Series 12.00 Friday Night Night 2.00 Live Davis Cup Tennis. Spain v Israel. 4.30 Mountain Bike World 5.00 WWE: Bottom Line 6.00 World Sport 6.30 Live Golf Night. The Samsung European Championship. 8.30 Golf Night 10.00 Davis Cup Tennis 12.00 Ashes Poker 2.00 Golf Night 4.00 Golf Night 5.30 Kiteboard Pro Tour

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## BBC1

- 6.00 Breakfast. (T) 7.15 Match of the Day. (R) (T) 8.30 The Andrew Marr Show. (T) 9.30 Great North Run. Live coverage of the half marathon. (T) 1.35 The Politics Show. (T) 2.35 'Allo! 'Allo! (R) (T) 3.10 EastEnders. (T)
- 5.05 Lifeline. Martyn Lewis appeals on behalf of Children's Hospices UK, who provide terminally ill young people with access to the highest standards of care and support. (T)
- 5.15 Songs of Praise. Sally Magnusson travels along one of Britain's oldest pilgrimage routes, the Llyn Peninsula in Wales, visiting ancient churches before ending her journey on Bardsey Island. (T)
- 5.50 BBC News; Regional News; Weather. (T)
- 6.15 Land Girls. Annie and Billy track down the uncaring GI who got Bea pregnant, Tucker suspects Nancy of being an enemy sympathiser, and a wedge is driven between Lord Hoxley and his wife Ellen. (R) (T)
- 7.00 Countryfile. John Craven announces the 12 finalists in the photographic competition, which has a theme of wild and wonderful, and will see the winning images feature in next year's Countryfile Calendar. Katie Knappman joins the wildlife crime unit in Scotland to investigate the illegal shooting and poisoning of birds of prey. Elsewhere on the farm, Adam Henson takes his grain to the mill. Including Weather for the Week Ahead. (T)
- 8.00 Antiques Roadshow. New series. Fiona Bruce and the team begin another tour of the UK at Jersey's Samares Manor, where the experts discover a variety of items with international origins. Artefacts examined include a lemon squeezer said to have been owned by Marilyn Monroe, and a forensics test is carried out to determine the value of a gold bangle. (T)
- 9.00 Waking the Dead. Part one of two. When Eve finds evidence implicating her boyfriend, aid-worker Stefan, in murder, Boyd promises to support her and help get to the bottom of the mystery. But when it turns out her lover may also be involved in people smuggling, the pathologist becomes determined to prove his innocence, bringing her into conflict with her boss. Joseph Mawle, guest stars, with Tara FitzGerald and Trevor Eve. Continues tomorrow. (T)
- 10.00 BBC News; Weather. (T)
- 10.20 FILM: The Girl in the Park (2007). Premiere. A grieving woman becomes convinced a troubled 18-year-old is her missing daughter. Drama, starring Sigourney Weaver and Kate Bosworth; (T) Weatherview. (T)
- 12.10 Sign Zone: A World of Pain: Meera Syal on Self-Harm. (R) (T) 1.10 Sign Zone: Holby City. (R) (T) 2.10 Sign Zone: Bang Goes the Theory. (R) (T) 2.40 Sign Zone: Neighbourhood Watched. (R) (T) 3.20 BBC News. (T)



## BBC2

- 6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: 7.00 Uncle Max; (R) (T) Diddy Dick & Dom. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Gimme a Break. (R) (T) 8.00 Da Dick and Dom Dairies. (R) (T) 8.30 MI High. (R) (T) 9.00 Undercover Dads. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park: Wild on the West Coast. (T) 12.30 Escape to the Country. (R) (T) 1.00 Live Davis Cup Tennis. (T) 3.15 FILM: The First Great Train Robbery (1978). British period thriller, starring Sean Connery and Donald Sutherland. (T) 5.00 Rugby League. (T) 6.00 Lost Land of the Volcano. (R) (T) 7.00 Top Gear. Jeremy Clarkson gets to grips with a Peel P50, the smallest car in the world. Richard Hammond invents motor-home racing and the Ferrari 599 GTB Fiorano takes to the test track. (R) (T) 8.00 Last Chance to See. Stephen Fry searches for the rare aye-aye lemur in Madagascar. (T) 9.00 Dragons' Den: On Tour. Peter Jones visits an entrepreneur who turned down an offer of investment. (T) 10.00 Match of the Day 2. Adrian Chiles presents highlights of this afternoon's Premier League matches, featuring Manchester United v Manchester City and Chelsea v Tottenham Hotspur. (T) 11.10 Great North Run. Highlights of the half marathon. (T) 11.40 FILM: Bedazzled (1967). Comedy, with Dudley Moore and Peter Cook. (T) 1.20 BBC News. (T) 3.20 The Super League Show. Action from the Super League playoffs. (T) 3.55 Close.

## Pick of the Day

## Kevin McCloud's Grand Tour (C4, 9pm)

He's the Simon Cowell of the architectural world—a man who knows his stuff but refuses to sugar-coat his criticisms. And now he's taking his biting wit and caustic quips on a continental tour. This landmark series will see the ever popular Kevin following in the footsteps of the most notorious aristocrats, artists and architects of the Grand Tour. Clambering amongst the greatest buildings, ruins and cities in Europe (Paris, Venice, Florence, Rome, Naples, Athens and Istanbul), he will uncover the dark underbelly of the Tour in the shady alleys and drinking dens along its route, and explore the Tour's lasting legacy. Each programme will see Kevin McCloud in a different part of Europe, following the typical journeys of successive waves of Grand Tourists. Starting with the earliest 17th century travellers in Northern Italy, charting the high point of the Tour in the 18th century in Rome and Naples (where 30,000 British aristocrats thronged the Continent), then working his way through Sicily, Ancient Greece and Turkey and ending with the last Grand Tourists of the early 19th century in the Alps (before the railway made tourism available to the masses), Kevin will chart how each age pursued both the sacred and the profane in their travels abroad.

## C4

- 6.15 The Hoobs. (R) (T) 6.40 Yo Gabba Gabba. (T) 7.10 FIA GT3 Championship. 7.35 Freeports on 4. (R) (T) 8.05 Rat Race Urban Adventure. (T) 8.35 The Track and Field Show. (T) 9.05 T4: Friends. (R) (T) 9.35 T4: Holyoaks. (T) 12.10 T4: 90210. (T) 1.10 T4: N-Dubz: Video Exclusive. 1.15 T4: The World's Greatest Pop Star. Brinley, 2.15 T4: Friends. (R) 2.45 T4: Ugly Betty. (R) (T) 3.40 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Deal or No Deal. (T) 5.30 Scrapheap Challenge. (T) 6.30 Channel 4 News. (T) 7.00 Atlantic Convoys: The War at Sea. The impact of the Liberator bomber on the Atlantic naval war. Last in the series. (T) 8.00 Celebrity Come Dine with Me. New series. With Laila Morse, Bobby Davy, Dane Bowers and Dani Behr. **9.00 Kevin McCloud's Grand Tour.** New series. The presenter explores Europe in the footsteps of famous travellers. (T) 10.00 Red Riding. Paddy Considine stars as a senior police officer from Manchester, sent by the Home Office to review the Ripper investigation, only to be thwarted at every turn. Concludes tomorrow. (R) (T) 11.55 My Name Is Earl. (R) (T) 12.25 My Name Is Earl. (R) (T) 12.55 FILM: Pyaasa (1957). Indian musical drama, starring Guru Dutt. (bw) 3.25 The Playful Muse. (R) (T) 3.50 3 Minute Wonder: My Home Town. (R) (T) 3.55 Salvage Squad. (R) (T) 4.50 Countdown. (R) (T) 5.35 Sali Mali. (T) 5.40 The Hoobs. (R) (T)

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## FIVE

- 6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Pop Box. (R) (T) 7.10 Elmo's World. (R) (T) 7.30 The Milkshake! Show. (R) (T) 8.00 Noddy in Toyland. (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.35 Rupert Bear. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.05 Olivia. (R) (T) 9.10 Little Princess. (R) (T) Mr Men Minis. (T) 9.30 Roobarb and Custard Too. (R) (T) 9.45 Mist: Sheepdog Tales. (R) (T) 10.00 Snobs. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 Farmer Wants a Wife. (R) (T) 12.00 Animal Rescue Squad. (R) (T) 12.20 Fast & Furious: Original Parts - New Model. (T) 12.55 FILM: Duel (1971). Thriller, starring Dennis Weaver. (T) 2.45 FILM: Cannonball Run II (1983). Car-racing comedy sequel, starring Burt Reynolds. (T) 4.50 Five News. (T) 4.55 FILM: Back to the Future (1985). Sci-fi comedy adventure, starring Michael J Fox. (T) 7.15 Cricket on Five. England v Australia. Mark Nicholas presents action from the seventh and final one-day of the series, held at the Riverside Ground in Durham. (T) 8.00 FILM: The Fast and the Furious (2001). An undercover police officer questions his loyalties while infiltrating the world of illegal street racing. Thriller, with Vin Diesel and Paul Walker. Including Five News Update. (T) 10.10 FILM: Ronin (1998). A mercenary is hired to take part in a plot to steal a briefcase containing a deadly secret. Action thriller, starring Robert De Niro and Jean Reno. (T) 12.25 Urban Legends. (R) (T) 12.50 NFL Live. Dallas Cowboys v New York Giants (Kick-off 1.20am). 4.30 Cricket on Five. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

## ITV1

- 5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Paz. 9.35 Supernormal. 9.50 Emu. (T) 10.05 Planet Sketch. (R) (T) 10.15 Coronation Street. (T) 12.30 ITV News and Weather; Weather. (T) 12.35 The Planet's Funniest Animals. 1.05 The X Factor. (R) (T) 2.20 FILM: Columbo: Any Old Port in a Storm (1973). Detective drama, starring Peter Falk and Donald Pleasence. (T) 4.20 FILM: Goldfinger (1964). James Bond adventure, starring Sean Connery. (T)
- 6.30 London Tonight: Weather. (T)
- 6.45 ITV News and Weather. (T)
- 7.00 All Star Family Fortunes. New series. The Loose Women presenters take on Heartbeat stars Joe McFadden, Tricia Penrose, Nikki Sanderson, David Lonsdale and Lisa Kay to win cash for charity. Vernon Kay hosts. (T)
- 7.45 The X Factor. The contestants have one last chance to impress Simon Cowell, Louis Walsh, Dannii Minogue and Cheryl Cole in the final audition show before boot camp begins. Dermot O'Leary hosts. (T)
- 9.00 Doc Martin. New series. Since calling off his marriage to Louisa, Martin has begun to question what keeps him in Cornwall and realises that if he is ever to escape, he must conquer the blood phobia that ended his surgical career. With help from aunt Joan's friend Barbara he tackles his fear, but they end up in hospital after an accident, where he bumps into his ex-girlfriend from medical school. Later, the return of a familiar face shakes up his routine even more. Comedy drama, starring Martin Clunes, Stephanie Cole and Lia Williams. (T)
- 10.00 ITV News and Weather; Weather. (T)
- 10.15 Coldplay: The South Bank Show. Melvyn Bragg spends six months with the band, taking in their wins at this year's Grammys, their tour of Japan and appearances at the Brits and War Child concert in London. From their student days and debut performance in Camden to the heights of their award-winning career, Melvyn profiles the lives of Chris Martin, Jonny Buckland, Guy Berryman and Will Champion as they are seen working on their next album and singing their biggest hits in Tokyo. Contributors include Bono and DJ Steve Lamacq. (T)
- 11.15 The Unforgettable Richard Beckinsale. Profile of the Porridge and Rising Dam star whose sudden death at 31 shocked the British viewing public. Including contributions by his widow Judy Loe and daughters Kate and Sam. (R)
- 12.00 Premiership Rugby Union. 12.55 The Other Side. (T) 1.45 Champions League Weekly. (T) 2.10 Kojak; (T) ITV News Headlines. 3.05 Countrywide. (R) (T) 3.30 Fix My Finances? Tonight. (R) 3.55 ITV Nightscreen.

## LOCAL

**RTP1**  
0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1115 Robots, film 1300 News 1415 Sô Vistol! 1515 Jogo Duplo 1715 Dá-me Música 1930 News 1950 As Escolas de Marcelo Rebelo de Sousa 2015 Football 2145 Hora da Sorte: Sorteio do Joker 2215 The Glimmer Man, film 2345 Irreversible, film 0200 Sô Vistol! 0300 Teleseals 0500 Euronews 0605 Nôs

**RTP2**  
0700 Euronews 0730 África@Global 0800 Noticias de África 0900 Caminhos 0930 70x7 1000 Nôs 1100 Da Terra ao Mar 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 Biofera 1400 Iniciativa 1445 A Voz do Cidadão 1500 Sports 1930 Arte e Emoção 2000 Alma e Gente 2030 The Simpsons 2100 World War II: Behind Closed Doors, documentary 2200 News 2230 Câmara Clara 2340 Encompassing the Globe 0010 Britcom 0110 Onda Curta 0200 Sports 0515 Euronews

**SIC**  
0615 Sic Kids 0830 Disney Kids 1015 Tween Box 1100 O Mundo de Patty 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Film 1645 Film 1930 TBA 2000 News 2130 TGV: Todos Gostam do Verão 2300 Salve-se Quem Puder 0015 Film 0215 Quando o Telefone Toca

**TVI**  
0700 Children's TV 0915 Smackdown, wrestling 1015 Inspector Max 1115 1300 News 1400 Film 1600 Film 1800 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2215 Uma Canção Para Ti 0115 House MD, series 0215 Sempre A Somar 0400 Law & Order: Special Victims Unit, series 0500 Teleseals 0630 Todos Iguais

## Best of the Rest

**BBC3**  
7.00 Merlin 7.45 Merlin Secrets and Magic: Merlin Time 8.00 Doctor Who 9.00 Harper's Island 9.40 Harper's Island 10.20 Family Guy 10.45 Family Guy 11.10 How Not to Live Your Life 11.40 Lunch Monkeys 12.10 Harper's Island 12.50 Harper's Island 1.30 Tough Guy or Chicken? 2.30 How Not to Live Your Life 3.00 Lunch Monkeys 3.30 Snog, Marry, Avoid? 4.00 Snog, Marry, Avoid? 4.30 Clever v Stupid 5.00 Off the Hook 5.30 Close

**BBC4**  
7.00 Crowdie and Cream 8.00 Tweed 9.00 Munro: Mountain Man 10.00 Spiral 10.55 Jonathan Meades Off Kilter 11.55 The Crow Road 12.55 Film: I Know Where I'm Going U (1945) 2.25 Munro: Mountain Man 3.25 Tweed 4.25 Close

**ITV2**  
1.05 Who Wants to Be a Millionaire? Celebrity 2.05 Pixie Lott: The Hot Desk 2.20 The Xtra Factor 3.25 Alexandra Burke: Video Exclusive 3.30 Cheryl Cole Video Exclusive: Fight for This Love 3.35 Kids Do the Funniest Things 4.35 The Cube 5.30 The X Factor 6.45 The Xtra Factor 7.45 Coleen's Real Women 8.45 Johnny Vegas: The Hot Desk 9.00 The Xtra Factor 10.00 Trinity 11.00 What Katie Did Next 12.00 Katy Brand's Big Ass Show 12.30 Entourage 1.05 The X Factor 2.15 The Xtra Factor 3.10 Teleshopping 3.40 Supernatural 4.20 Teleshopping 5.50

**ITV2 Nightscreen**  
**Sky1**  
1.00 Ballroom High 2.00 Ballroom

High 3.00 Project Runway 4.00 UK Border Force 5.00 The Simpsons 5.30 The Simpsons 6.00 Futurama 6.30 Grease: The School Musical 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 House 10.00 Ultimate Road Wars 11.00 Ultimate Road Wars 12.00 Justin Lee Collins: Ten Pin Bowler 1.00 Ross Kemp on Gangs 1.55 Road Wars 2.20 Night Cops 3.10 Australia's Deadliest Destinations 4.05 Crash Test Dummies 4.55 Gladiators G Zone 5.10 Are You Smarter Than a 10 Year Old? **GOLD**  
1.15 Only Fools and Horses 1.55 Only Fools and Horses 2.35 Only Fools and Horses 3.15 When Were We Funniest? 4.20 The Story of Only Fools and Horses 5.40 The Vicar of Dibley 6.20 The Vicar of Dibley 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Jonathan Creek 10.00 Live at the Apollo 11.20 The Story of Only Fools and Horses 12.40 Live at the Apollo 1.40 The New Adventures of Old Christine 2.05 When Were We Funniest? 3.00 Close

**TCM**  
1.00 Firecrack PG (1967) 3.00 The Boy Who Could Fly PG (1986) 5.05 Carson City U (1952) 6.40 Captain Horatio Hornblower RN PG (1951) 9.00 Blazing Saddles 15 (1974) 10.50 Shaft 15 (1971) 12.50 Wild Rovers 15 (1971) 3.00 Teleshopping 5.00 Firecrack PG (1967)

**The Disney Channel**  
Kids' programmes from 7am, except:

## MOVIES

**Sky Movies Drama**

6.00 Atonement 15 (2007) 8.15 The Making of a Hollywood Madam: The Heidi Fleiss Story 15 (1996) 9.55 Regarding Henry 15 (1991) 11.45 Out of Africa PG (1985) With Meryl Streep. 2.25 The Other Boleyn Girl 12 (2008) With Natalie Portman. 4.25 No Reservations PG (2007) With Catherine Zeta-Jones. 6.10 The Sixth Sense 15 (1999) With Bruce Willis. 8.00 Brideshead Revisited 12 (2008) With Matthew Goode. 10.15 Deception 15 (2008) With Hugh Jackman. 12.10 Lions for Lambs 15 (2007) With Robert Redford. 1.50 Killer: A Journal of Murder 18 (1995) With James Woods. 3.30 Away We Go Special 3.50 Desperate Family Secrets PG (1997) 5.30 35MM

**Sky Movies Comedy**

6.20 Are We Done Yet? PG (2007) 8.00 The Top 10 Show 8.15 Down Periscope PG (1996) 9.50 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 6.25 Police Academy 4: Citizens on Patrol PG (1987) With Steve Guttenberg. 8.00 Death Becomes Her PG (1992) With Meryl Streep. 10.00 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 12.00 Down Periscope PG (1996) With Kelsey Grammer. 1.40 Big Business PG (1988) With Bette Midler. 3.20 Coneheads PG (1993) 4.50 Continental Divide PG (1981)

**Sky Movies Action/Thriller**

6.40 Airport 77 PG (1977) 8.45 The Top 10 Show 9.05 X-Men 12 (2000) 11.05 Street Kings 15 (2008) With Keanu Reeves. 1.05 Bloodsport 18 (1988) With Jean-Claude Van Damme. 2.55 X-Men 12 (2000) With Hugh Jackman. 4.55 Airport 77 PG (1977) With Jack Lemmon. 7.00 Street Kings 15 (2008) With Keanu Reeves. 9.00 Bloodsport 18 (1988) With Jean-Claude Van Damme. 10.40 Darkman 18 (1990) With Liam Neeson. 12.20 Metro 18 (1997) With Eddie Murphy. 2.20 Next of Kin 15 (1989) With Patrick Swayze. 4.15 Point Last Seen PG (1998)

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## SPORT

**Sky Sports 1**

6.00 Champions League Weekly 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Manchester United v Manchester City (Kick-off 1.30pm). 3.30 Live Super Sunday. Chelsea v Tottenham Hotspur (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 6.55 Live Super League. Wigan Warriors v Castleford Tigers (Kick-off 7.00pm). 9.30 Champions League Weekly 10.00 Football First 11.30 Football First 1.00 WWE: Late Night - Afterburn 2.00 WWE: Vintage Collection 3.00 International Cricket 5.00 FIFA Futbol Mundial 5.30 Champions League Weekly

**Sky Sports 2**

6.00 World Sport 6.30 Premiership Rugby Union 8.00 Big Fight Special 10.00 Live International Cricket. England v Australia. 6.30 Live Spanish Football. A La Liga match. 8.00 Live Spanish Football. A La Liga match. 10.00 International Cricket 12.00 Spanish Football 2.00 Golf Night 4.00 Golf Night

**Sky Sports 3**

6.00 Watersports World 7.00 Spanish Football 9.00 WWE: Afterburn 10.00 Big Fight Special 12.00 Live European Tour Golf. The Austrian Golf Open. 4.00 Great Run Series 4.30 WWE: Experience 5.30 Live NFL. Philadelphia Eagles v New Orleans Saints (Kick-off 6.00pm). 9.00 Live NFL. Buffalo Bills v Tampa Bay Buccaneers (Kick-off 9.05pm). 12.30 Super League 2.30 Great Run Series 3.00 Close

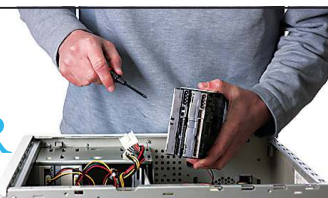
**British Eurosport**

7.30 World Touring Car Championship 8.00 Live World Touring Car Championship. The warm-up session from Imola. 8.30 Formula Two Championship 9.00 Live Table Tennis. The European Championships from Stuttgart. 10.30 Live International Formula Master. The second race from Imola. 11.30 Live World Touring Car Championship. The opening race from Imola. 12.30 Live Formula Two Championship. The second and final race of the meeting from Imola. 1.30 Live World Touring Car Championship. The 21st and final stage of the Grand Tour event. 4.45 Formula Two Championship 5.45 World Touring Car Championship 6.45 GP2 Series 7.45 Athletics 9.30 Motorsports Weekend 9.45 World Series by Renault 10.15 Cycling: Vuelta a Espana 11.15 Motorsports Weekend 11.30 Table Tennis 12.25 Close

**Sky Sports Xtra**

6.00 Super League 8.00 Super League 10.00 WWE Vintage Collection 11.00 Live Davis Cup Tennis. Spain v Israel. 3.00 Max Power 4.00 World Sport 4.30 Powerboating 5.00 Big Fight Special 7.00 Golf Night 9.00 Live Golf Night. The Samsung World Championship. 11.00 F3 Euroseries 12.00 Great Run Series 12.30 Ashes Poker 2.30 F3 Euroseries 3.30 Close

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## BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly. (R) (T) Bernard. (R) (T) 3.50 Ooglies. (R) (T) 4.05 School of Silence. (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public try to outdo each other to win a cash prize. (T) BBC News: Weather. (T)

6.00 Regional News Programmes: Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Bang Goes the Theory. Jim Stansfield builds a microwave death ray to prove that people are surrounded by invisible and untapped energy. Liz Bonnin takes on the nature versus nurture debate with a troop of monkeys. Dr Yan Wong uses office chairs to demonstrate how gyroscopes work, and Dallas Campbell tries to find a missing piece of the universe. (T) BBC News: Regional News. (T)

8.00 EastEnders. Archie offers to pay Sam's bail money on the condition that he moves back into the Vic, leaving Peggy facing a tough decision. Tanya and Jane get more than they bargained for when they swap husbands. Chelsea and Amira discuss their chances in the Miss Queen Vic contest, while Darren and Adam compete for Libby's affection. (T)

8.30 Panorama. Reporter John Sweeney explores what the banking system has given the public in return for the billions of pounds of taxpayers' money handed out by the Government to keep it afloat. Conducting his investigation against a backdrop of businesses going bust and first-time buyers struggling to get a mortgage, he enters a world in which tax avoidance and bonus schemes are commonplace. (T)

9.00 Waking the Dead. Part two of two. Eve looks to be the next victim of the organ harvester when she is imprisoned by Devlin and prepared for the operating table - with Stefan acting as the surgeon. (T)

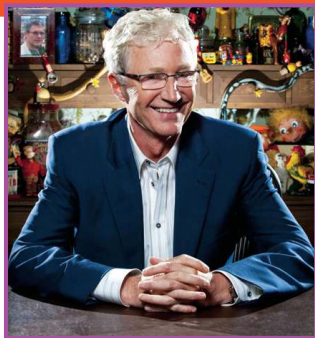
10.00 BBC News. (T)

10.25 Regional News: Weather. (T)

10.35 Would I Lie to You? Rob Brydon welcomes Olympic cyclist Chris Hoy, impressionist Ronni Ancona, comedian Danny Wallace and sports presenter Gaby Logan to the comedy panel show. (T)

11.05 FILM: At First Sight (1999). Romantic drama, starring Val Kilmer and Rita Sorvino; (T) Weatherview. (T)

1.15 Sign Zone: Watchdog. (R) (T) 2.15 Sign Zone: Wildest Dreams. (R) (T) 3.15 Sign Zone: The Hair Bikers' Food Tour of Britain. (R) (T) 4.00 BBC News. (T)



## BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Animals at Work. (R) (T) 8.00 Trapped. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yakol Jakamokol Tolo! (R) (T) 10.30 Pingu. (R) (T) 10.35 In the Night Garden. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics Conference Special. (T) 1.00 Animal Park. (R) (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Pointless. (T) 5.15 The Hair Bikers' Food Tour of Britain. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 A Garden in Snowdonia. Ann Smith tries to attract more visitors to Bodnant. (T) 7.30 Saving Britain's Past. The Big Pit: National Coal Museum in South Wales. (T) 8.00 University Challenge. Magdalen College, Cambridge takes on St Hugh's College, Oxford. (T) 8.30 MasterChef: The Professionals. Four more chefs face an elimination round. (T) 9.00 Design for Life. The presentations for the latest challenge do not run smoothly. (T) 10.00 Home Life. Gaynor tries to find a boyfriend and a job. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Today at Conference. (T) 11.50 The Love of Money. (R) (T) 12.50 BBC News. (T) 4.00 Close.

## C4

6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) Before and After. (R) (T) 10.30 The Farm Revealed. (R) (T) Before and After. (R) (T) 11.00 Day I Got the Sack. (R) (T) Before and After. (R) (T) 11.30 Teen Taboo. (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 Sweet Tooth. (R) (T) 12.40 My Place in the Sun. (T) 1.10 FILM: A Town Like Alice (1956). Wartime drama, starring Virginia McKenna and Peter Finch. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: I Love Brixton. A portrait of the area. (T) 8.00 Dispatches: Cops on the Cheap? The controversy surrounding the role of police community support officers. (T) 9.00 Daredevil. Wim Hof's attempt to run a full marathon 200 miles north of the Arctic Circle in sub-zero temperatures, dressed only in shorts and a pair of sandals. (T) 10.00 Red Riding. A new abduction suggests Clare's killer may still be at large. Last in the series. (R) (T) 12.00 No Angels. (R) (T) 1.05 FILM: Madhuri (1958). Indian musical drama, starring Dilip Kumar. (bw) 4.00 Channel 4 Education. 4.00 We Are from the Netherlands. 4.15 We Are from Greece. 4.30 We Are from Denmark. 4.45 We Are from France. 5.00 We Are from Sweden. 5.15 We Are from Germany. 5.30 We Are from Norway. 5.45 We Are from Turkey. (T)

## FIVE

6.00 Milkshake! Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.45 Big School. (R) (T) Sailor Sid. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fit and the Flowerbots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Build a New Life in the Country. (R) (T) 12.40 Five News. (T) 12.50 Weird Creatures with Nick Baker. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: Storm Chasers: Revenge of the Twister (1998). Thriller, starring Kelly McGillis. (T) 5.00 Five News with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 How Do They Do It? Producing petrol and diesel at an oil refinery. Last in the series. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Oris Deley and Jason Bradbury are challenged to become superheroes. (T) 8.00 Five News at 9. 9.00 Warship. The marines of 40 Commando board HMS Ocean. (T) 10.00 FILM: RoboCop 2 (1990). The cyborg battles a deranged drug lord, unaware his creators are planning to replace him. Sci-fi sequel, starring Peter Weller and Nancy Allen. (T) 12.20 NASCAR. 1.15 Race and Rally UK. 2.05 Summer X Games. (R) 2.40 FIM Motocross. 3.30 V8 Supercars. (R) 4.20 V8 Supercars. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (R) (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Goodlen and John Burton Race judge the efforts of amateur cooks in the first of the North East regional heats. The day's winners progress to the weekly final on Friday and a chance to go forward to the live grand final, where they will compete for the #10,000 cash prize. Presented by Mark Nicholas. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Tensions between Mark, Cain and Faye come to a head in the Woolpack, leading to an explosive confrontation in which Mark's feelings of jealousy are laid bare. Meanwhile, Debbie secretly arranges to meet Michael in the village, and Zak reminds Paddy he can still count on support from the Dingle family. (T)

7.30 Coronation Street. Chesney angrily confronts Fizz when Kirk lets slip she has gone shopping for a wedding dress. Norris informs Emily he intends to refuse his inheritance from Ramsay. Luke avoids going on a date with Rosie and hopes to instead spend time with Michelle, while Tyrone tries to win back Molly's affections. (T)

8.00 Your Money - Your Life: Tonight. (T)

8.30 Coronation Street. Norris reveals the size of Ramsay's bequest to a stunned Emily and Rita. Fizz realises how complicated her relationship with Kirk is making her life. Rosie tempts Luke away from Michelle when she catches them together in the Rovers, while Sophie believes she is in love with Ben. (T)

9.00 Blue Murder. The murder of a popular vet in the hills north of Manchester leads Janine and Richard to a farming community which is reluctant to open its doors to outsiders. Slowly the four local characters reveal the victim's complex love life and a tale of arson and murder that leaves the worldly-wise coppers amazed. Crime drama, starring Caroline Quentin and Ian Kelsey, with guest star Sylvia Syms. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: Honkytonk Man (1992). Depression-era drama, directed by and starring Clint Eastwood. (T)

12.55 British Touring Car Championship Highlights; ITV News Headlines. 2.10 Loose Women. (R) 3.00 The Jeremy Kyle Show. (R) (T) 3.50 ITV Nightseries.

## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1400 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sanguão do Meu Sanguão 1600 Portugal no Coração 1800 Portugal em Direto 1915 Preço Certo 2000 News 2100 Notícias Solitas 2115 Jogo Duplo 2215 Prós e Contras 0115 Vanished, series 0230 Over There, series 0330 Amor e Intrigas 0430 Telesales 0605 N0s

**RTP2**  
0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1915 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 0030 5 Para a Meia-Noite 0130 Diga Lá Excelência 0230 Eurodeputados 0315 Euronews 0515 Sociedade Civil

**SIC**  
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1915 Nós Por Cá 2000 News 2130 Gatos Fedorentos 2215 Salve-se Quem Puder 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

**TVI**  
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 The Shield, series 0115 Harper's Island, series 0230 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Telesales

## Best of the Rest

**BBC3**  
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Bizarre ER 8.30 Clevery Stunch 9.00 Gavin & Stacey 9.30 Lunch Monkeys 10.00 EastEnders 10.30 Coming of Age 11.00 Family Guy 11.20 Family Guy 11.50 Clever vs Stupid 12.20 How Not to Live Your Life 12.50 Lunch Monkeys 1.20 Gavin & Stacey 1.50 Bizarre ER 2.20 Don't Tell the Bride 3.20 How Not to Live Your Life 3.50 Coming of Age 4.20 Tough Guy or Chicken? 5.15 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Cambridge Folk Festival 2009 8.00 Mr and Mrs Mackintosh 9.00 The Glencoe Massacre 10.00 What Darwin Didn't Know 11.30 The Dark Heart of Italy 12.00 The Best of Youth 1.30 The Best of Youth 3.05 The Dark Heart of Italy 3.35 Cambridge Folk Festival 2009 4.05 Close

**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 The Cube 9.00 Hell's Kitchen USA 10.00 Hell's Kitchen USA 11.00 Katy Brand's Big Ass Show 11.30 Coronation Street 12.00 Coronation Street 12.30 Film: Mission: Impossible PG (1996) 2.40

Emmerdale 3.05 American Princess 4.00 Teleshopping  
**Sky1**  
1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Lie to Me 4.00 Malcolm in the Middle 4.30 Ooops TV 5.00 Futurama 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 The Simpsons 9.00 UK Border Force 10.00 Football Behind Bars 11.00 Ross Kemp in Search of Pirates 12.00 Road Wars 1.00 Bones 1.50 Inside: The Border War 2.40 Stargate Atlantis 3.30 Stargate Atlantis 4.20 Don't Forget the Lyrics 5.10 Are You Smarter Than a 10 Year Old?

**GOLD**  
1.00 Last of the Summer Wine 1.40 Steptoe and Son 2.20 Yes Minister 3.00 Only Fools and Horses 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Steptoe and Son 8.20 Yes Minister 9.00 Only Fools and Horses 9.40 Only Fools and Horses 10.20 Fawcett Towers 11.00 Fawcett Towers 11.35 The Black Adder 12.20 Murder Most Horrid 12.55 The Two Ronnies 1.55 The Black Adder 2.40 Murder Most Horrid 3.00 Close

**TCM**  
1.00 The Naked Runner PG (1967) 3.00 Please Don't Eat the Daisies U (1960) 5.10 The Old Man and the Sea U (1958) 6.45 Bronco Billy PG (1980) 9.00 In Love and War PG (1996) 11.10 Quick Change 15 (1990) 12.55 In Love and War PG (1996) 3.00 Teleshopping 5.00 The Naked Runner PG (1967)  
**The Disney Channel**  
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## MOVIES

## Sky Movies Drama

6.00 The Trench 15 (1999) 7.45 The Russell Girl 12 (2008) 9.30 The Capture of the Green River Killer 11.10 The Top 10: Show 11.30 Nobody's Fool 15 (1994) With Paul Newman. 1.30 Get Real 15 (1999) With Ben Silverstone. 3.30 Innocent Moves PG (1993) With Jose Mantegna. 5.30 35MM 6.00 The Bone Collector 15 (1999) With Denzel Washington. 8.00 Stop-Loss 15 (2008) With Ryan Reynolds. 10.00 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) With Brad Pitt. 12.45 Rumble Fish 18 (1983) With Matt Dillon. 2.30 We Own the Night 15 (2007) With Joaquin Phoenix. 4.30 Gideon PG (1999)

## Sky Movies Comedy

6.40 The Seven Per Cent Solution 15 (1978) 8.40 35MM 9.10 Tin Men 15 (1987) 11.10 Dan in Real Life PG (2007) With Steve Carell. 12.55 Balls of Fury 12 (2007) With Dan Fogler. 2.30 St Trinian's 12 (2007) With Dan Fogler. 2.30 St Trinian's 12 (2007) With Rupert Everett. 4.15 Bachelor Party 2 (2008) With Josh Cooke. 6.15 Dan

in Real Life PG (2007) With Steve Carell. 8.00 Balls of Fury 12 (2007) With Dan Fogler. 9.35 St Trinian's 12 (2007) With Rupert Everett. 11.20 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 1.05 Bachelor Party 2: The Last Temptation 15 (2008) With Josh Cooke. 2.55 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 4.40 Pee-wee's Big Adventure PG (1985)

## Sky Movies Action/Thriller

6.00 The River Wild 12 (1994) 8.05 Red Sonja 15 (1985) 9.50 Gone in 60 Seconds 15 (2000) 12.00 The Net 12 (1995) With Sandra Bullock. 2.05 Red Sonja 15 (1985) With Brigitte Nielsen. 3.50 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 6.00 Jaws 2 PG (1978) With Roy Scheider. 8.00 The Net 12 (1995) With Sandra Bullock. 10.00 Rambo 18 (2008) With Sylvester Stallone. 11.35 The General's Daughter 18 (1999) With John Travolta. 1.35 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 3.35 Night Hawks 18 (1981) 5.25 Jaws 2 PG (1978)

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football 11.00 Champions League Weekly 11.00 Spanish Football 1.00 Football First 2.30 Champions League Weekly 3.00 International Cricket 5.00 Champions League Weekly 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Irish Football. Cliftonville v Linfield (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Netbusters 11.30 SPL Round-Up 12.00 Soccer AM: The Best Bits 1.00 Irish Football 2.30 Sports Unlimited 3.30 Watersports World 4.30 MaxPower 5.30 FIFA Futbol Mundial

## Sky Sports 2

6.00 Aerobics 0z Style 6.30 Ocean Adventures 7.00 WWE: Bottom Line 8.40 International Cricket 10.00 NASCAR 12.00 International Cricket 2.00 Big Fight Special 4.00 Super League 6.00 Karting 6.30 The Irish Gaffer 7.00 Extra Time 7.30 Live Speedway. An Elite League meeting. 9.30 History of the ICC Champions Trophy 11.30 Speedway 1.30 Poker 3.00 Netbusters 3.30 Irish Football 5.00 Close

## Sky Sports 3

6.30 Great Run Series 7.00 Golf Night 9.00 Golf Night 11.00 Aerobics 0z Style 11.30 Racing News 12.00 NFL Gameday 1.30 Davis Cup Tennis 3.30 NFL Gameday 5.00 WWE: Raw 7.00 History of the ICC Champions Trophy 9.00 Angling 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 11.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

## British Eurosport

7.30 Motorsports Weekend 7.45 World Touring Car Championship 8.45 Table Tennis 9.45 Cycling: Vuelta a Espana 11.15 Athletics 1.00 Triathlon 2.00 Triathlon 2.30 Cycling: Vuelta a Espana 3.30 Athletics 5.00 Eurogals 5.45 Under-20s World Cup Football 6.00 Eurogals: One to One 6.15 Strongest Man 7.15 World Touring Car Championship 8.15 GP2 Series 9.15 Formula Two Championship 10.15 World Superbikes 11.45 Eurogals 12.30 Close

## Sky Sports Xtra

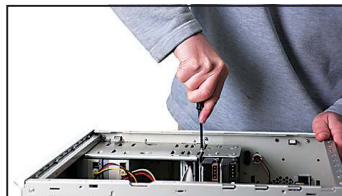
8.30 F3 Euroseries 9.30 Great Run Series 10.00 Davis Cup Tennis 12.00 Golf Night 2.00 Golf Night 4.00 NASCAR 6.00 Sportnation 7.00 NFL Gameday 8.30 NASCAR 10.30 Poker 12.00 Angling 1.00 Wild Spirits 1.30 The Irish Gaffer 2.00 Sportnation 3.00 Karting 3.30 Extra Time 4.00 Close

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## BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (R) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly. (R) (T) Bernard. (R) (T) 3.50 Oogies. (R) (T) 4.05 Raven. (T) 4.35 Blue Peter. (R) (T) MySay. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Following Sam's release from jail, Ronnie pays back Archie in the hope he will keep his distance from the family. Bradley is surprised by Syd's reaction to the idea of marriage. (T) BBC News: Regional News. (T) 8.00 Holby City. Michael tries to steal Connie's plans for robotic surgery, but finds himself out of his depth when he expands the scheme. Though frustrated by her condition, Maria starts to see light at the end of the tunnel when she helps save another patient's life. Penny is offered a chance to shine on AAU - but it is Jac she must impress first - and Chrissie confesses her pregnancy to her father. (T)

9.00 Lost Land of the Volcano. With the team's explorations of New Guinea drawing to a close, George McGavin visits an erupting volcano, where he encounters a rare bird that depends on the hot ash to survive. Back at the original site, Steve Backshall and Gordon Buchanan head deep into the crater and discover two new mammals - a giant rat and a tree-climbing marsupial. Last in the series. (T)

10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 The World's Strictest Parents. Teenagers Lizzie Pol from Birmingham and Stefan Alvarez from Essex travel to Ghana to spend a week with the Adegas, a middle-class Christian couple who prioritise chores and ban the pair from romantic relationships. The youngsters struggle to adapt to the new routine which includes two hours of housework before school, and it is not long before they find themselves in trouble with mum Vida. (T) 11.35 Film 2009 with Jonathan Ross. The book discusses Charles Darwin biopic Creation with stars Paul Bettany and Jennifer Connelly. Plus, Michael Palin recalls his film-making days in the 1980s. (T)

12.05 FILM: Brazil (1985). Satirical comedy, starring Jonathan Pryce. (T) Weatherview. (T) 2.25 Sign Zone: See Hear. (R) (T) 2.55 Sign Zone: Rivers with Griff Rhys Jones. (R) (T) 3.55 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 4.40 BBC News. (T)



## BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Animals at Work. (R) (T) 8.00 Trapped. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Elthelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yokoi Jakamoko! Toto! (R) (T) 10.30 Pingü. (R) (T) 10.35 In the Night Garden. (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics Conference Special. (T) 1.00 Animal Park. (R) (T) 1.30 Working Lunch. (T) 2.00 Living in the Sun. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 6.00 Egg-heads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Victorian Farm. Documentary series following historian Ruth Goodman and archaeologists Alex Langlands and Peter Ginn as they sample the life of a Victorian farmer for a year. (R) (T) 8.00 MasterChef: The Professionals. Three chefs prepare coq au vin and plum clafoutis. (T)

8.00 The Choir: Unsung Town. Gareth Malone concludes his project with a free choral festival. Last in the series. (T) 10.00 Later Live - with Jools Holland. With Dizzee Rascal, Editors, Gang of Four and Beverley Knight. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Today at Conference. (T) 11.50 Last Chance to See. (R) (T) 12.50 BBC News. (T) 4.40 Close.

## Pick of the Day

## The Choir: Unsung Town (BBC2, 9pm)

Choral music-haters everywhere beware; Gareth Malone is a determined man. He's on a mission to bring choir music to the masses, and so far he's doing a pretty good job of it. He's got good experience too, as previous shows The Choir and The Choir: Boys Don't Sing have seen the musician turn groups of unruly adolescents into impressive singers who have proven their worth in the Royal Albert Hall and at the 2006 World Choir Games in China. However, he wasn't content to stop there. This four-part documentary series has followed the choirmaster as he set out to turn the residents of the South Oxhey estate in Hertfordshire into a fully functional choir. It didn't look like it was going to be an easy task when Gareth first arrived on the estate, but after recruiting a complimentary children's choir in the second episode, last week's instalment showed that his two groups were already fast becoming talented performers. However, some of them were having trouble reading music and considered quitting altogether. Now, as the final episode comes around, will the choir have put their problems behind them?

## C4

6.00 Sali Mali. (T) 6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) Before and After. (R) (T) 10.30 The Farm Revealed. (R) (T) Before and After. (R) (T) 11.00 Day I Got the Sack. (R) (T) Before and After. (R) (T) 11.30 Teen Taboos. (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 What's in a Word? (R) (T) 12.50 It's Me or the Dog. 1.20 FILM: Local Hero (1983). Comedy drama, starring Peter Riegert. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder. Hearts of the Heart. Witty submissions to a lonely hearts column. (T) 8.00 River Cottage: Gone Fishing. Commercial developments in sustainable fishing. Last in the series. (R) (T) 9.00 Jamie's American Road Trip. The chef learns how to hunt for alligators in Louisiana. (T) 10.00 The Big Food Fight. Hugh Fearnley-Whittingstall is challenged to a culinary quiz by Heston Blumenthal, with Patsy Kensit Healy and Ben Miller assisting the chefs as they try to outdo each other. (T) 10.35 The Real Housewives of New Jersey. (T) 11.35 Coming Up: Raising Baby Rio. (T) (bw) 12.05 Late Night Poker. 1.05 FIA GT3 Championship. (R) (T) 1.35 World Sport. (R) (T) 2.00 British Formula 3 International Series. (R) (T) 2.25 The Track and Field Show. (R) (T) 2.55 Rat Race Urban Adventure. (R) (T) 3.00 Brain Cell. Energy Challenge. (R) (T) 3.45 Grudge Match. (R) 4.00 Channel 4 Education. (T)

## FIVE

6.00 Milkshake! Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.45 Big School. (R) (T) Sailor Sid. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hansa's Helpline. (R) (T) 9.05 Roobarb and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Build a New Life in the Country. (R) (T) 12.40 Five News. (T) 12.50 Weird Creatures with Nick Baker. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.00 The Family Recipe. (R) (T) 3.10 FILM: More Than Meets the Eye: The Joan Brock Story (2003). Fact-based drama, starring Carey Lowell. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 Monkey Life. Alpha male Hananya shows his dislike for needles. (R) (T) 7.30 Five News Update. (T) 8.00 Big. Bigger. Biggest. The world's largest free-standing domes. (T) 8.00 Five News at 9. (T) 9.00 CSI: Miami. Horatio once again crosses paths with Russian mobster Ivan Sarnoff, this time while investigating the murder of a wealthy racehorse owner. David Caruso stars. (T) 10.00 CSI: NY. The body parts of a wrestling coach are scattered around the city. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The FBI Files. (R) (T) 12.50 European Challenge Tour Golf. 1.40 European Seniors Tour Golf. 2.30 Indy Car Series. 3.20 Great Yorkshire and Capital Runs. (R) 4.30 Cricket on Five. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## LOCAL Best of the Rest

## RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Camadas da Alegria 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Direto 1915 Preço Certo 2000 News 2100 30 Minutos 2130 Jogo Duplo 2230 Telerural 2300 Serviço de Saúde 0030 Liga dos Ótíomos 0115 Vanished, series 0200 Over There, series 0300 Amor e Intrigas 0400 Telesales 0605 Nós

## RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1915 ArquitetArte 1945 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 The Mentalist, series 2330 Bairro Alto 0030 5 Para a Meia-Noite 0130 Câmara Clara 0240 Euronews 0515 Sociedade Civil

## SIC

0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1915 Nós Por Cá 2000 News 2130 Galos Fedorentos 2215 Salve-se Quem Puder 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

## TVI

0700 Diário Da Manhã 1015 Vozê na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2120 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 McBride: Murder Past Midnight, film 0230 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Telesales

## BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Underage and Pregnant 8.30 Underage and Pregnant 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 How Not to Live Your Life 11.00 Family Guy 11.20 Family Guy 11.50 Don't Tell the Bride 12.50 Underage and Pregnant 1.20 Underage and Pregnant 1.50 How Not to Live Your Life 2.20 Tough Guy or Chicken? 3.20 Bizarre ER 3.50 Bizarre ER 4.20 Don't Tell the Bride 5.15 Close

## BBC4

7.00 World News Today 7.00 Weather 7.30 Tales from the Green Valley 8.00 A History of Scotland 9.00 Tweed 10.00 Scotland on Screen 11.00 Rab C Nesbitt 11.30 Early Doors 12.00 Scotland's Music with Phil Cunningham 10.00 Tweed 2.00 Scotland on Screen 3.00 Tweed 4.00 Close

## ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 3.40 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 What Katie Did Next 9.00 Jack Osbourne: Celebrity Adrenaline Junkie 10.00 Film: The Island 12 (2005) 12.45

## ITV1

0700 Diário Da Manhã 1015 Vozê na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2120 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 McBride: Murder Past Midnight, film 0230 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Telesales

## ITV3

## ITV4

## ITV5

## ITV6

## ITV7

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## ITV175



## BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather: Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly. (R) (T) Bernard. (R) 3.50 O'Gillies. (T) 4.05 Wait for It! (T) 4.35 Blue Peter. (T) MySay. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure. (T) 6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 6.55 Party Political Broadcast. By the Liberal Democrats. (R) (T)

7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T) 7.30 Nigel Slater's Simple Suppers. The food writer demonstrates how ingredients that grow in the same place can make the ideal starting point for a dish, and uses produce from local allotments to create a feast. (T) BBC News: Regional News. (T)

8.00 Travellers. Extreme crabbing off the Outer Hebrides is hindered by December gales, while Charlie and Charles McBride face the threat of prison for landing too many fish. Last in the series. (T)

9.00 Wounded. Part one of two. The progress of two soldiers injured in Afghanistan as they are flown back to the UK for treatment at Birmingham's Selly Oak Hospital and the Defence Rehabilitation Centre at Headley Court. Nineteen-year-old Royal Irish Ranger Andy Allen lost both his legs and his eyesight in a Taliban bomb attack, while 24-year-old Lance Corporal Tom Neathway lost three limbs as a result of moving a booby-trapped sandbag. Narrated by Christopher Eccleston. Concludes after the news. (T)

10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 Wounded. Conclusion. As injured soldiers Tom Neathway and Andy Allen face months of rehabilitation at Headley Court, they begin to rebuild their lives and make plans for the future. Tom's aim is to learn how to walk with artificial legs by the time he collects his campaign medal from Prince Charles, while Andy is desperate to return to his home in Belfast, and hopes to regain enough sight to see his newborn son. Narrated by Christopher Eccleston. (T)

11.15 The National Lottery Draws. With Mylene Klass. (T) 11.20 The League Cup Show. Action from this evening's third-round ties, including Manchester United v Wolverhampton Wanderers at Old Trafford and Chelsea v Queens Park Rangers at Stamford Bridge. (T) National Lottery Update and Weatherview. (T)

12.25 Sign Zone: The Frankincense Trail. (R) (T) 1.25 Sign Zone: What's Really in Our Food? (R) (T) 2.25 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 3.10 BBC News. (T)



## BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Animals at Work. (R) (T) 8.00 Trapped. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yokol Jakamok! Total! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 The Flintstones. (R) (T) 11.25 The Flintstones. (R) (T) 11.50 Lifestile. (R) (T) 12.00 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Daily Politics Conference Special. (T) 3.30 Coast. (T) 3.45 Fly! (R) (T) 4.30 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 5.55 Party Political Broadcast. (T) 6.00 Egg-heads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Victorian Farm. As winter arrives, the team prepares by stocking up on animal feed, building pigsties and tackling the laundry, before celebrating a traditional Victorian Christmas. (R) (T) 8.00 MasterChef: The Professionals. Four chefs make an omelette. (T) 8.45 MasterChef: The Professionals. Another four chefs are asked to fillet a flat fish. (T) 9.30 Dragons' Den Online. Submissions include a safety-conscious wet umbrella machine. (T) 10.00 Shooting Stars. With guests Lenny Henry, Laurence Llewellyn-Bowen and Mutya Buena. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Today at Conference. (T) 11.50 Dragons' Den: On Tour. (R) (T) 12.50 BBC News. (T) 3.05 Close.

## Pick of the Day

## Location, Location, Location (C4, 8pm)

Imagine waking up each morning surrounded by quaint cottages, grazing sheep, dry stone walls and heather clad hills — escaping the bustle of the city and settling down to live the good life in the countryside. This week Phil and Kirstie head for Derbyshire, where their peak couple Bryone and Daniel Burton have moved from London with daughter Ruby. The Peak District has seduced this urban couple who are now searching for their perfect property. But they're not just looking for a home: Bryone also wants to start a business in holiday letting. So their budget of £400,000 in one of Britain's most popular areas isn't going to stretch that far. Add to the long list or requirements proximity to Daniel's work, outbuildings for holiday lets, a rural location and a four bedroom home, and this might be a search too far for the determined pair. Meanwhile, fashion designer Wendy Lee and partner Simon Mackney, a professional photographer, are bursting at the seams in their current home. As Wendy becomes more home-based with her own clothing label, and Simon's photography business continues to grow, this creative couple need a super studio space. But will they find one on their shoestring budget?

## C4

6.00 Sali Mali. (T) 6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Year Dot Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) Before and After. (R) (T) 10.30 The Farm Revealed. (R) (T) Before and After. (R) (T) 11.00 Day I Got the Sack. (R) (T) Before and After. (R) (T) 11.30 Teen Taboos. (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: On the Ward. (R) (T) 12.35 It's Me or the Dog. 1.10 FILM: Gentleman's Agreement (1947). Drama, starring Gregory Peck and Dorothy McGuire. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Nails. The story of an immigrant nail artist. (T) 8.00 Location, Location, Location. A family with a budget of £400,000 search for their dream home in Derbyshire, and a creative couple whose respective businesses are expanding look for a studio to work in. (T) 9.00 The Secret Millionaire. Landlord Kevin Green goes undercover in North Devon. (T) 10.00 Ugly Betty. Daniel tries to cover his tracks as Connor hunts for the mystery man. (T) 11.00 Dawn Porter: Mail Order Bride. (R) (T) 12.00 4Music: Florence and the Machine: Live at Rivoli Ballroom. (R) (T) 12.35 4Music: 4Play: Taken By Trees. (T) 12.50 This Week's 4Music Top 20. 2.45 1300cc. (R) 3.00 Repeater. (R) (T) 3.40 Journey Through the Night. (R) 3.50 Salvage Squad. (R) (T) 4.45 Water Stories. (R) 4.50 Countdown. (R) (T) 5.35 Sali Mali. (T) 5.40 The Hoobs. (R) (T)

## FIVE

6.00 Milkshake! Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hana's Helpline. (R) (T) 9.05 Robobar and Custard Too. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 How to Build a New Life in the Country. (R) (T) 12.40 Five News. (T) 12.50 Weird Creatures with Nick Baker. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Girl: Flying Visits. (R) (T) 3.10 FILM: Diamond Girl (1998). Romantic drama, starring Kevin O'Connell and Joely Collins. (T) 5.00 Five News with Natasha Kaplinsky. (R) (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 Building the Ultimate. The evolution of the fighter jet. (R) (T) 7.30 Five News Update. (T) 8.00 World War One in Colour. The advent of submarine warfare. (R) (T) 8.00 Five News at 9.00 Farmer Wants a Wife. A farmer from Co Down, Northern Ireland, looks for love. (T) 10.00 FILM: National Security (2003). Two feuding security guards work together to bring a notorious gang of smugglers to justice. Action comedy, starring Martin Lawrence and Steve Zahn. Including Five News Update. (T) 11.45 The Sexy Ads Show. (T) 12.15 Poker. (T) 1.45 NHRA Drag Racing. 3.20 Motorsport Mundial. 3.45 Boxing Classic. (R) 4.00 Boxing USA. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## LOCAL

## RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sanguê do Meu Sanguê 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Linha da Frente 2130 Jogo Duplo 2230 Telemundo 2300 Blood Work, film 01.00 Vanished, series 0145 Over There, series 0315 Amor e Intrigas 0400 Teleasles 0605 Nôs

## RTP2

0715 Zig Zag 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1915 Biosfera 2000 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Dexter, series 2330 Clube de Jornalistas 0030 5 Para a Meia-Noite 0100 Biosfera 0200 Bastidores 0230 Euronews 0515 Sociedade Civil

## SIC

0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraiso 1915 Nôs Por Cá 2000 News 2130 Gatos Fedorentos 2215 Salve-se Quem Puder 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

## TVI

0700 Diário da Manhã 1015 Vozê na TV 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 The Kingdomb, film 0230 Sempre a Somar 0400 Alien Siege, film 0530 Teleasles

## Best of the Rest

## BBC3

7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Don't Tell the Bride 9.00 Film: Poseidon 12 (2006) 10.30 How Not to Live Your Life 11.00 Family Guy 11.25 Family Guy 11.50 Lunch Monkeys 12.20 Clever v Stupid 12.50 Don't Tell the Bride 1.50 How Not to Live Your Life 2.20 Lunch Monkeys 2.50 Clever v Stupid 3.20 Snog, Marry, Avoid? 3.50 Snog, Marry, Avoid? 4.20 Tough Guy or Chicken? 5.15 Close

## BBC4

7.00 World News Today 7.00 Weather 7.30 Talking Landscapes 8.00 Munro: Mountain Man 9.00 Jonathan Meades Off Kilter 10.00 The Crow Road 11.00 The Crow Road 12.00 Film: Sweet Sixteen 18 (2002) 1.45 Munro: Mountain Man 2.45 Jonathan Meades Off Kilter 3.45 Close

## ITV2

1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 Spain: Paradise Lost 9.00 Trinity 10.00 Film: Terminator 2: Judgment Day 15 (1991) 12.45 Coronation Street 1.15 Hell's Kitchen USA 2.10 Hell's Kitchen USA 3.00 Emmerdale 3.30 Teleshopping 4.00 The Montel Williams Show 4.40 Teleshopping 5.40 ITV2 Nightscreen



## Sky1

1.00 Don't Forget the Lyrics US 2.00 Bones 3.00 Lie to Me 4.00 Malcolm in the Middle 4.30 Oops TV 5.00 Oops TV 5.30 Futurama 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Film: Patriot Games 15 (1992) 11.15 Ross Kemp on Gangs 12.15 Road Wars 1.15 Road Wars 2.10 Don't Forget the Lyrics 3.05 Stargate Atlantis 3.55 Stargate Atlantis 4.45 Road Wars 5.10 Are You Smarter Than a 10 Year Old?

## GOLD

1.00 Last of the Summer Wine 1.40 Steptoe and Son 2.20 Yes Minister 3.00 The Black Adder 3.10 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Steptoe and Son 8.20 Yes Minister 9.00 The Royle Family 9.40 The Royle Family 10.20 Absolutely Fabulous 11.00 The Omid Djalili Show 11.40 The Black Adder 12.20 Murder Most Horrid 1.00 Absolutely Fabulous 1.40 The Omid Djalili Show 2.20 Murder Most Horrid 2.50 Close Up 3.00 Close

## TCM

1.00 Cash McCall U (1960) 3.00 Spencer's Mountain PG (1963) 5.15 Bad Day at Black Rock PG (1955) 6.45 Promises in the Dark 12 (1979) 9.00 The Butcher's Wife 15 (1991) 11.00 Running on Empty 15 (1988) 1.15 The Butcher's Wife 15 (1991) 3.00 Teleshopping 5.00 Cash McCall U (1960)

The Disney Channel Kids' programmes from 7am, except:

## Sky Movies Drama

6.30 The Movie Geek 7.00 Silkwood 15 (1983) 9.15 Guilty as Sin 15 (1993) 11.10 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 1.10 Saving Private Ryan 15 (1998) With Tom Hanks. 4.00 Baby It's You 15 (1989) With Rosanna Arquette. 6.00 Arlington Road 15 (1999) With Jeff Bridges. 8.00 Die Hard 4.0 15 (2007) With Bruce Willis. 10.15 Saving Private Ryan 15 (1998) With Tom Hanks. 1.05 American History X 18 (1998) With Edward Norton. 3.15 Blue Collar 18 (1978) 5.15 Miracle on the 17th Green U (1999)

## Sky Movies Comedy

6.15 Leap of Faith PG (1992) 8.15 Hairspray PG (2007) 10.15 Are We Done Yet? PG (2007) 11.50 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 1.35 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 3.15 Mr Woodcock 12 (2007) With Billy Bob Thornton. 4.50 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 6.25 Are We Done Yet? PG (2007) With Ice Cube. 8.00

Over Her Dead Body 12 (2008) With Eva Longoria Parker. 9.45 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 11.30 Mr Woodcock 12 (2007) With Billy Bob Thornton. 1.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 2.35 The War of the Roses 15 (1989) With Michael Douglas. 4.35 Leap of Faith PG (1992)

## Sky Movies Action/Thriller

6.00 Point Last Seen PG (1998) 7.35 Turbulence 2: Fear of Flying 15 (1999) 9.20 Daylight 12 (1996) 11.15 X-Men 12 (2000) With Hugh Jackman. 1.05 The Mechanic 15 (2005) With Dolph Lundgren. 2.45 The Temp 15 (1993) With Lara Flynn Boyle. 4.25 Daylight 12 (1996) With Sylvester Stallone. 6.20 X-Men 12 (2000) With Hugh Jackman. 8.00 The Mechanic 15 (2005) With Dolph Lundgren. 9.40 The Top 10 Show 10.00 The Glimmer Man 18 (1996) With Steven Seagal. 11.45 Death Sentence 18 (2007) With Kevin Bacon. 1.45 Turbulence 2: Fear of Flying 15 (1999) With Tom Berenger. 3.40 The Temp 15 (1993) 5.30 Point Last Seen PG (1998)

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## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Revista De La Liga 10.00 Ladies European Tour Golf 11.00 On The Line 11.30 Carling Cup Football 1.00 Live ICC Champions Trophy Cricket. Pakistan v West Indies. 10.00 FIFA Futbol Mundial 10.30 Boots'n'All 11.30 FIFA Futbol Mundial 1.00 Carling Cup Football 1.30 Poker Million 3.30 FIFA Futbol Mundial 4.00 Carling Cup Football 5.30 Total Rugby

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 A-League 7.00 WWE Vintage Collection 8.00 Davis Cup Tennis 9.00 Davis Cup Tennis 10.00 A-League 10.30 Live County Championship Cricket. Day one of a match from the final round of the season. 5.30 A-League 6.00 European Tour Weekly 6.30 FIFA Futbol Mundial 7.00 Live Carling Cup Football. Manchester United v Wolverhampton Wanderers (Kick-off 8.00pm). 10.15 Spanish Football 12.15 Total Rugby 12.45 Boots'n'All 1.45 Spanish Football 3.45 Powerboating 4.45 Close

## Sky Sports 3

7.00 Asian Tour Golf 8.00 BMX Series 8.30 Sports Unlimited 9.30 Pool 10.30 Poker Million 12.30 A-League 1.00 Football Asia 1.30 Carling Cup Football 3.00 Revista De La Liga 4.00 European Seniors Tour Golf 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 European Challenge Tour Golf 8.00 Boots'n'All 9.00 DTM Motor Racing 10.00 Transworld Sport 11.00 Asian Tour

Weekly 11.30 European Tour Weekly 12.00 European Challenge Tour Golf 1.00 Golf 2.00 European Tour Weekly 2.00 Total Rugby 3.00 Close

## British Eurosport

7.15 World Series by Renault 7.45 Planet Armstrong 8.30 Live Cycling. The UCI Road World Championships from Switzerland. 11.45 Eurogals 12.30 Eurogals Flash 12.40 Live Cycling. The UCI Road World Championships. 4.15 Cycling 5.00 Eurogals Flash 5.10 Under-20s World Cup Football 5.25 Eurosport for the Planet 6.05 Wednesday Selection 6.10 Show Jumping 7.10 Polo 8.10 Riders Club 8.15 Wednesday Selection Guest 8.25 US Tour Golf 9.25 European Tour Golf 9.55 Golf Club 11.00 Sailing 10.25 Yacht Club 11.00 Test Drive 12.00 Cycling 1.00 Close

## Sky Sports Xtra

11.30 Racing News 12.00 Davis Cup Tennis 1.00 Davis Cup Tennis 2.00 Sports Unlimited 3.00 Poker Million 5.00 Golf 6.00 NFL: Total Access 7.00 Best of British Motorsport 8.00 Golf 9.00 Asian Tour Weekly 9.30 Powerboating 10.30 Watersports World 11.30 Rallyzone 12.00 DTM Motor Racing 1.00 Rallyzone 1.20 Rest of British Motorsport 2.30 Max Power 3.00 Close

All the latest at  
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## BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 Cowboy Trap. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather. (R) BBC News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: 3.25 Bear Behaving Badly. (R) (T) Bernard. (R) 3.50 Ooglies. (T) 4.05 Wait for It! (T) 4.35 Hotel Trouble. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T)

6.00 BBC News: Weather. (T)  
6.30 Regional News Programmes: Weather. (T)  
7.00 The One Show. Live topical show in which correspondents uncover the UK's most fascinating stories. Presented by Adrian Chiles and Christine Bleakley. (T) BBC News: Regional News. (T)

8.00 EastEnders. Jane admits to Ian she is unhappy at home and makes a shock announcement about their future. Ricky tells Sam it is too early to move in together. Bradley finally makes up his mind about Canada following a confrontation with Stacey, while Darren offers Whitney a job at the car lot. (T)

8.30 Strictly Come Dancing. Bruce Forsyth and Tess Daly host another two-night special as the second group of celebrities compete for the first time. Lining up with their professional partners to perform either a tango or a waltz are former EastEnders star Natalie Cassidy, retired jockey Richard Dunwoody, actors Craig Kelly and Ricky Whittle, former Footballers' Wives stars Zoe Lucker and Laila Rouss, ex-cricketer Phil Tufnell and model Jo Wood. Last week's seven remaining couples take to the dance floor with a group mambo. The dance-off and results feature on Saturday's show. (T)

10.00 BBC News. (T)  
10.25 Regional News: Weather. (T)  
10.35 Friday Night with Jonathan Ross. The host chats with TV presenter and fellow talk show host Graham Norton, whose programme transfers to BBC One soon, comedian duo Alexander Armstrong and Ben Miller whose sketch show begins a new series on the same channel later in the autumn, and Colombian singer Shakira, who also performs. (T)

11.35 The National Lottery EuroMillions Draw. Carole Machin presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: Alien Autopsy (2006). Premiere. Sci-fi comedy, starring Anthony McPartlin and Declan Donnelly. (T) Weatherwise. (T)

1.15 FILM: Sign Zone: Gonzo: The Life and Work of Dr Hunter S Thompson (2008). Documentary profiling the counter-culture journalist. (R) (T) 2.45 Sign Zone: Home Time. (R) (T) 3.15 Sign Zone: The Hairy Bikers' Food Tour of Britain. (R) (T) 4.00 BBC News. (T)



## BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Balamory. (R) (T) 6.40 Bits and Bobs. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Sorry, I've Got No Head. (R) (T) 8.00 Deadly 60. (R) (T) 8.30 CBeebies: LazyTown Extra. (R) (T) 8.40 Postman Pat: SDS. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Grandpa in My Pocket. (R) (T) 10.20 Yokoi Jakamoko! Totol! (R) (T) 10.30 Pingü. (R) (T) 10.35 In the Night Garden. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Living in the Sun. (R) (T) 3.00 Monk. (R) (T) 3.45 Flog It! (R) (T) 4.30 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Victorian Farm. The team receives help from a woodsman, blacksmith and basket-maker when the farm needs emergency repairs, while Ruth Goodman tests traditional potions and remedies. (R) (T) 8.00 Mastermind. Subjects include Groucho Marx and the Battle of Britain. (T) 8.30 Gardeners' World. Planting the prairie border at Greencare. (T) 9.00 The Tudors. Cromwell loses the king's favour. Last in the series. (T) 10.00 QI. With Jimmy Carr, Jo Brand and John Sergeant. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.40 Medium. (R) (T) 1.20 Medium. (R) (T) 2.05 FILM: The Terror (1963). Horror, starring Boris Karloff and Eric Nicolson. (T) 3.25 Close.

## Pick of the Day

## Derren Brown: How to Be a Psychic Spy (C4, 9pm)

He's played Russian Roulette, convinced normally law-abiding members of the public to stage a robbery and held a séance on live television, and now Derren Brown has planned a collection of stunts tipped to be his most audacious to date and, boy, are we excited. The promotional adverts have been on our screens for a few weeks now and, with the nation's interest piqued, we were able to discover what impressive feats of magic Derren had up his sleeve when the four-part series began last week. Brown's latest catalogue of tricks have been kept secret, and last week's opener saw the illusionist try to render viewers incapacitated on their sofas. This week, Derren undertakes another completely different trick, but it's safe to say viewers will be glued to their seats nevertheless. Tonight, Derren tests the theory of remote viewing, and embarks upon an ambitious nationwide experiment in which he attempts to project a single image into every viewer's mind. At the end of the show, the image will be revealed, leaving viewers to discover whether the master of the impossible can make us see what really isn't there.

## C4

6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (T) 7.00 Freshly Squeezed. (T) 7.55 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.30 Year Dot Television. (R) (T) 10.00 The Deadly Knowledge Show. (R) (T) Before and After. (R) (T) 10.30 The Farm Revealed. (R) (T) Before and After. (R) (T) 11.30 Teen Taboo. (R) (T) Before and After. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Bright Young Brit. (R) (T) 12.35 Property Snakes and Ladders. (R) (T) 1.40 FILM: River of No Return (1954). Western, starring Robert Mitchum and Marilyn Monroe. 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. New series. Russia's military campaign in Ingushetia. (T) 8.00 Jamie at Home. Dishes showing the versatility of beans. (R) (T) 8.30 The Big Food Fight. With Heston Blumenthal, Patsy Kenly Healy and Ben Miller. (R) (T) 9.00 Derren Brown: How to Be a Psychic Spy. Interactive attempt at psychically projecting an image. (T) 10.00 Peep Show. Sophie reveals which of the friends is the father of her child. (T) 10.35 The IT Crowd. (R) (T) 11.10 The IT Crowd. (R) (T) 11.45 Derren Brown: How to Be a Psychic Spy. (R) (T) 12.45 My Wall Street. (R) (T) 1.50 FILM: Somersby (1993). Romantic drama, starring Richard Gere and Jodie Foster. (T) 3.45 Beach Volleyball. (T) 4.40 Freesports on 4. (R) (T) 5.05 Post Modern Pastimes. (R) (T) 5.15 Countdown. (R) (T) 5.35 The Hoobs. (R) (T)

## FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 The Beeps. (R) (T) 6.45 Big School. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 Bert and Ernie's Great Adventures. (R) (T) 7.10 Little Princess. (R) (T) 7.20 The Mr Men Show. (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fit and the FlowerTots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 The WotWots. (R) (T) 8.50 Hansi's Helpline. (R) (T) 9.05 RoboBots and Custard Top. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 20 Things We Love To Hate About Builders. (R) (T) 12.40 Five News. (T) 12.50 Nigel Marven's Ugly Animals. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Love's Long Journey (2005). Western, starring Erin Cottrell. (T) 5.00 Five News: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live from Studio Five. (T) 7.30 Police Interceptors: Special Edition. High-speed take-down techniques. (R) (T) 7.30 Five News Update. (T) 8.00 Brighton Beach Patrol. The RNLI searches for a missing raver. (T) 8.00 Five News at 9.00 NCIS. The unit receives a tip-off about terrorist activity, but two agents are murdered during the ensuing investigation - and Paula Cassidy holds herself responsible for the tragedy. (R) (T) 10.00 Law & Order: Criminal Intent. A billionaire's widow's son dies in mysterious circumstances. (T) 11.00 Law & Order: Criminal Intent. (T) 12.00 SuperCasino. 3.55 The FBI Files. (R) (T) 4.45 HouseBusters. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Golden and John Burton Race judge the efforts of the finalists in the North East regional heats. At stake are three places in the next round and a chance to appear in the national final and scoop the £10,000 cash prize along with the title. Presented by Mark Nicholas. (T)

6.00 London Tonight: Weather. (T)  
6.30 ITV Evening News: Weather. (T)  
7.00 Emeraldale. A penniless Leyla finally gives in to temptation and steals money from the Home Farm shop to buy a pair of designer shoes. Debbie is overjoyed when Michael announces he has broken off his engagement, and Nikhil continues to play the tyrannical boss at the factory. (T)

7.30 Coronation Street. Chesney blames Fiz when Kirk moves out, and not even a visit to John can improve her mood. Rosie resolves to do whatever it takes to win back Luke, who has already arranged a date with Michelle. Rita reaches a decision about her future at the Kabin, and Jason plans a party when he learns he is through to the finals of Mr Gay UK. (T)

8.00 A Dangerous Game? Tonight. (T)

8.30 Coronation Street. Rosie fights to keep Michelle away from Luke, attacking her rival during Jason and Tina's house party. Chesney reveals the depth of his hatred of John, Davy and Amber's heart to heart leads to a kiss, David introduces his new girlfriend to his neighbours, and Leon brings news from the Mr Gay UK competition. (T)

9.00 Rebus. The detective angers his superiors when he tries to connect a member of Edinburgh's criminal fraternity to the shooting of two boys and a teacher at a local college. One of the victims turns out to be the son of Rebus's cousin, giving Templar the perfect reason to take him off the case. However, the copper is determined to trace a schoolgirl he is certain holds the key to the mystery. Ken Stott stars. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: The Pelican Brief (1993). Legal thriller, starring Julia Roberts. (T) ITV News Headlines.

1.10 FILM: The Rat Pack (1998). Fact-based drama, starring Ray Liotta. (T) 3.10 ITV Nightscreen.

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Antes Pelos Contrários 2115 Reis da Selva 2210 Que Que Duplo 2315 Presumed Innocent, film 0145 Vanished, series 0230 Over There, series 0315 Amor e Intrigas 0415 Teleasles

**RTP2**  
0715 Zig Zag 1400 Sociedade Civil 1530 Consócio 1600 Nacional Geographic 1700 Zig Zag 1830 A Fé dos Homens 1915 A Alma e a Gente 2000 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Mad Men, series 2330 Diga Lá Excelência 0030 5 Para a Meia-Noite 0130 Palcos 0300 Bastidores 0330 Euronews 0515 Sociedade Civil

**SIC**  
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1500 Vida Nova 1800 Paraíso 1915 Nós Por Cá 2000 News 2130 Gatos Fedorentos 2215 Salve-se Quem Pudor 2315 Caminho das Índias 0030 NCIS, series 0130 CSI: NY, series 0230 Quando o Telefone Toca

**TVI**  
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Euronews 2145 Deixa Que Te Levante 2245 Sentimentos 2345 Flor do Mar 0030 The Whole Nine Yards, film 0245 Sempre a Soma 0430 Law & Order: Special Victims Unit, series 0530 Teleasles

## Best of the Rest

**BBC3**  
7.00 Top Gear 8.00 Merlin 8.45 Merlin Secrets and Magic 9.00 Wounded 10.30 EastEnders 11.00 Harper's Island 11.45 Harper's Island 12.25 Family Guy 12.55 Family Guy 1.10 Lunch Monkeys 1.40 How Not to Live Your Life 2.10 How Not to Live Your Life 2.10 How Not to Live Your Life 3.10 Snog, Marry, Avoid? 3.40 Snog, Marry, Avoid? 4.10 Lunch Monkeys 4.40 How Not to Live Your Life 5.10 Merlin Secrets and Magic 5.20 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Leads International Piano Competition 2009 8.30 Transatlantic Sessions 9.00 Classic Albums 9.50 The Doors: No One Here Gets Out Alive 10.30 Hogmanay on TV - The Glory Years 11.20 Spiral 12.15 Classic Albums 1.00 Transatlantic Sessions 1.30 Cambridge Folk Festival 2009 2.00 Leeds International Piano Competition 2009 3.00 Classic Albums 3.50 Close

**ITV2**  
1.00 Emeraldale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 The X Factor 5.45 The Xtra Factor 6.45 The X Factor 8.00 The Xtra Factor 9.00 Film: Die Another Day 12 (2002) 11.45 What Katie Did Next 12.45 Coronation Street 1.15 Coronation Street 1.45 The Xtra Factor 2.40 The Xtra Factor 3.00 Emeraldale 4.00 Teleshopping 5.25 ITV2 Nightscreen

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## MOVIES

## Sky Movies Drama

6.30 On Broadway 12 (2007) 8.15 The Movie Geek 8.45 And Justice for All 18 (1979) 10.50 Jack Jack PG (1996) 12.50 Beaches 15 (1988) With Bette Midler. 3.00 Joan of Arc 15 (1999) With Milla Jovovich. 5.40 Across the Universe 12 (2005) With Evan Rachel Wood. 8.00 Gone Baby Gone 15 (2007) With Casey Affleck. 10.00 Sleuth 15 (2007) With Michael Caine. 11.35 Black Snake Moan 15 (2006) With Samuel L. Jackson. 1.40 Killer: A Journal of Murder 18 (1995) With James Woods. 3.20 To Be Fat Like Me PG (2007) 5.00 Miracle in the Woods PG (1997)

## Sky Movies Comedy

6.35 I Think I Love My Wife 15 (2007) 8.15 Teen Wolf PG (1985) 9.55 The Muse PG (1999) 11.35 Evan Almighty PG (2007) With Steve Carell. 1.15 What Happens in Vegas 12 (2008) With Cameron Diaz. 3.00 Balls of Fury 12 (2007) With Dan Fogler. 4.35 I Think I Love My Wife 15 (2007) With Chris Rock. 6.15 Evan Almighty PG (2007) With Steve

Carell. 8.00 What Happens in Vegas 12 (2008) With Cameron Diaz. 9.45 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 11.10 Balls of Fury 12 (2007) With Dan Fogler. 12.45 Teen Wolf PG (1985) With Michael J. Fox. 2.25 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 3.50 35MM 4.20 Manhattan Murder Mystery PG (1993)

## Sky Movies Action/Thriller

7.10 Jaws: The Revenge 12 (1987) 9.00 Spider-Man 3 12 (2007) 11.30 Street Kings 15 (2008) With Keanu Reeves. 1.35 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 3.40 Jaws: The Revenge 12 (1987) With Michael Caine. 5.30 Spider-Man 3 12 (2007) With Tobey Maguire. 8.00 Street Kings 15 (2008) With Keanu Reeves. 10.00 The Condemned 18 (2007) With Steve Austin. 12.00 8 Million Years to Die 18 (1986) With Jeff Bridges. 2.00 Sleepers 18 (1996) With Brad Pitt. 4.30 The Return of the Musketeers PG (1989)

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## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Premier League World 9.30 Carling Cup Football 10.30 FIA GT Championship 11.30 Premier League World 12.00 Carling Cup Football 1.10 Live ICC Champions Trophy Cricket. Sri Lanka v England. 10.00 Football League Weekend 11.00 Premier League Preview 11.30 World Sport 12.00 Super League 2.00 Friday Night 4.00 Football League Weekend 5.00 Premier League Preview 5.30 World Sport

## Sky Sports 2

6.00 Aerobics OzStyle 6.30 Ocean Adventures 7.00 WWE: Raw 9.00 ATP Tour Uncovered 9.30 The Rugby Club 10.30 Live Golf. The Vivendi Trophy with Severiano Ballesteros. 4.30 ATP Tour Uncovered 5.00 FIFA Futbol Mundial 5.30 Premier League World 6.00 Football League Weekend 7.00 Premier League Preview 7.30 Live Super League. A play-off match. 10.00 Live Friday Fight Night. Matthew Macklin v Amin Asikainen. 12.00 NFL: Total Access 1.00 Football League Weekend 2.00 Premier League Preview 2.30 World Sport 3.00 Super League 5.00 Ocean Adventures 5.30 IAAF Athletics Weekly

## Sky Sports 3

6.30 Race World 7.30 Premier League Snooker 11.00 Aerobics OzStyle 11.30 Racing News 12.00 Taekwondo 1.00 Race World 2.00 FIA GT Championship 3.00 Premier League World 3.30 Ocean

Adventures 4.00 NFL: Total Access 5.00 WWE: Raw 7.00 Tight Lines 8.00 Golf Night 10.30 WWE: Late Night - Smackdown 12.30 WWE: Night Light - Bottom Line 1.30 Golf Night 4.00 Rugby Union

## British Eurosport

7.30 Inside WTCC 8.00 Under-20s World Cup Football 9.45 Cycling 11.00 Cycling 1.00 Under-20s World Cup Football 1.15 Under-20s World Cup Football 3.00 Live Under-20s World Cup Football. Paraguay v Italy (Kick-off 3.00pm). 5.00 Eurogals Weekend 5.10 FIFA Under-20s: Today in Egypt 5.25 Live Under-20s World Cup Football. Nigeria v Venezuela (Kick-off 5.45pm). 7.45 Under-20s World Cup Football 8.30 Live Under-20s World Cup Football. Spain v Tahiti (Kick-off 8.30pm). 10.30 FIFA Under-20s: Today in Egypt 10.45 Live Rallying. The opening day of the Intercontinental Rally Challenge from Sanremo. 11.15 Freeride Sprint 11.30 F1: The Factory 12.00 FIFA Under-20s: Today in Egypt 11.15 Under-20s World Cup Football 12.30 Close

## Sky Sports Xtra

7.00 Taekwondo 8.00 IAAF Athletics Weekly 8.30 Rugby League 10.30 Live County Championship Cricket. Day three of a match from the final round of the season. 5.30 World Sport 6.00 Live Rugby Union. Sharks v Leopards (Kick-off 6.00pm). 8.00 British Ice Hockey 10.00 Tight Lines 11.00 Ocean Adventures 11.30 IAAF Athletics Weekly 12.00 Rugby Union 2.00 Tight Lines 3.00 British Ice Hockey 5.00 Race World

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Reboleira Corps (Praceta Almada Negreiros, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira (Lisbon 21 805708).

**IGREJA DE CRISTO (CRISTA)**  
Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel: 21 2461596).

**LISBON SYNAGOGUE:** Rua Alexandre Herculano 59, Tel 213 931 130 Fax 213 884 304 e-mail: celesboa@mail.telepac.pt

**IGREJA BAPTISTA** de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

### The Algarve

**ALL SAINTS ANGLICAN CHURCH, ALGARVE** (Member of the Worldwide Anglican Communion) Holy Communion every Sunday for all the family. **Almancil** 10.30am with Adventurers (Sunday School with a difference) and Creche at Almancil Community Centre (ASCA). **Lagoa** 6pm at Lagoa Convent Chapel. Maps and further information at [www.allsaintsalgarve.org](http://www.allsaintsalgarve.org) or 282 380 311. **ST VINCENT'S ANGLICAN CHURCH** part of the Church of England, Diocese in Europe & Anglican Communion. Services every Sunday in our three congregations: 9.30am Igreja N Sra de Fatima, N125 between Quatro Estradas & Almancil, 916879430. 11.30am St Luke's, Gorjões (near Sta Barbara), 917267948. 8.00am & 12noon Igreja N Sra da Luz, Praia da Luz, near Lagos + Sunday School, 918824584. [www.stvincentsalgarve.org](http://www.stvincentsalgarve.org)

**CENTRO CRISTÃO FONTE DE VIDA** Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website: [www.fontevida.org](http://www.fontevida.org)

**THE SALVATION ARMY** in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Cidadel in São Brás at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

**CATHOLIC MASS** every Sunday partly in English: 11am: at St. Lourenço Church - Almancil - 6.30pm: at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, Griselinda Neto on 966168120 or Vitor on [vgn@domopor.com](mailto:vgn@domopor.com).

**INTERNATIONAL CHRISTIAN FELLOWSHIP** International Christian Fellowship in Portimão. Sundays at 11am. \* Sunday School for Children in English & Portuguese\* Avda 25 de abril 17 r/c-D, Portimão \*opposite public swimming pool (piscina municipal) \*Tel 282 461 985. Website: [www.ocoa.co.uk/icf.htm](http://www.ocoa.co.uk/icf.htm).

**LIVING HOPE BAPTIST CHURCH** English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: [pastor@ibev.pt](mailto:pastor@ibev.pt)

**CHURCH IN ALJEZUR / VALE DE TELHA**. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

**INTERNATIONAL COMMUNITY CHURCH** in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel: 282-086804 or 282-697546, [www.icc-lagos.org](http://www.icc-lagos.org).

**THE EVANGELICAL BAPTIST CHURCH**

of Lagos: invite you join us in our English language Service at 6pm. every Sunday. Find us at :- Urb Villa Praia da Ana, Lote 11b. Lagos (Nr. Hotel Golphinho) For more information, please contact Jack MacLeod on 282 768 088, Mob. 964914188

**INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE**  
Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

**LAGOA CHRISTIAN FELLOWSHIP**, English and Portuguese Speaking Calvary chapel of the Algarve, Christ Centered study of the Bible and modern worship, Sunday school is available for toddlers to teens. Sunday services: English 11am and Portuguese 6pm. Mid-week study 8pm Wednesdays. Address: EN 125 Porches Retail Park, Vale de Louzas, Alcantarilha. Tel: 282 381 347 Pastor Gary O'Connor. Visit our Website: [www.lagoafellowship.org](http://www.lagoafellowship.org) for more information

**TAVIRA CHRISTIAN CENTRE** Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Steve 917 872 665 and 917 872 559 or Maria 966 380 404. E-mail: [jackieandmo@yahoo.co.uk](mailto:jackieandmo@yahoo.co.uk)

**RESGATE DE VIDA, LAGOS**, Raising up a new generation according to Eph.4 v 11-12, Church with a Brazilian Flavor. Portuguese speaking, Children Welcome. Meeting on Sundays 8pm - 10pm at Rua, Hospital S. João de Deus. For directions phone Pastors Sidney 963414757 or Anderson 962934005

**ROMAN CATHOLIC ST. ANDREWS, PENINA**  
R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

**SALVATION ARMY** Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

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**EREV SHABAT** - For services Tel: 282 416710

**JEHOVAH'S WITNESSES** - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses. 25 Largo Engenheiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias,

Albufeira. (Next to the Junta da Freguesia). Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 339 372.

### Oporto

**GREATER GRACE INTERNATIONAL FELLOWSHIP** has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit [www.NovaAurora.com](http://www.NovaAurora.com), call 220 994 785 or send an SMS to 917 112 736.

**RIVERSIDE PORTO INTERNATIONAL CHURCH** - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or [www.riversideporto.com](http://www.riversideporto.com)

**ST. JAMES'S CHURCH, ALGARVE CHAPLAINCY OF OPORTO**. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. [www.stjamesoportom.org](http://www.stjamesoportom.org)

**THE SALVATION ARMY OPORTO** Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

**JEHOVAH'S WITNESSES** - Public Talk in English. Praga Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

### Caldas da Rainha

**ANGLICAN EVENING WORSHIP IN ENGLISH**. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche, Obidos. Sunday 11am (1<sup>st</sup> & 2<sup>nd</sup> Sunday of the month). No collection.

"[A song of ascents.] I lift up my eyes to the hills— where does my help come from? My help comes from the LORD, the Maker of heaven and earth." Psalm 121:1-2



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## Swine Flu

Portugal has recently become concerned about the possibility of a swine flu epidemic. Following the pattern of other countries where this deadly flu has infiltrated, the media and health department here have launched a campaign to warn residents of the symptoms and to explain treatment procedures and prevention. Until this week, I passively listened to the news without feeling much in the way of personal danger or alarm. What happened to change my attitude? This week, a friend experienced the scare of being one of the infected. On the last day of a camp where he worked as a staff member last week, two girls became ill. Tests confirmed they had contracted H1N1. My friend had been exposed as had many other campers and staff members. Later the following week, my friend became quite ill. Alarms went off in his head and heart and he naturally wondered if he had swine flu. Doctors quarantined him until test results were in. Though quite ill for several days, tests reassured him that his was not the same variety of the flu.

The possibility of sickness

and disease surround us. Most of us do not spend much time thinking about when or how we might become ill. We rarely think seriously about our own mortality until it is brought home to us by touching those with whom we have a personal friendship or relationship.

There is a deadly disease even more dangerous than the swine flu or any of the others in our world. That disease is SIN. All of us were infected with it at conception for it is a trait affecting all humankind. Why is it more dangerous than any physical ailment? Because the consequences of this disease are not just temporal, they are eternal. But there is good news. There is an antidote. A cure. Jesus paid sin's price and all who trust in Him can be freed from its curse. Those of us who have already taken the antidote are duty bound to warn others.

"...and the blood of Jesus, his Son, purifies us from all sin." 1 John 1:7

\*More information about how to have a relationship with God can be found at [www.rbc.org/personal\\_relationship\\_with\\_god.page](http://www.rbc.org/personal_relationship_with_god.page)

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**The Portugal News** was established in 1977 and over the years we have built up affiliated companies and a network of trustworthy technical partners, including lawyers and accountants. We know the right people, the best way to set up a successful business and can help foresee possible pitfalls. Starting a new business in a new country can present many new and unexpected challenges, but we are here to help.

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## Announcements

**LONELY? BORED?** Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel: 962 633 811.



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**CASA - IS** a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

## SCUFFS DOGS SHOW.

20th September at Fatacil Lagoa. Registration from 10am. Main building, under cover, 10 mixed breed classed & 7 pedigree classes. Prizes and cups. Agility ring. Trade stands, food & drinks. €1 entrance. Children free. Class entry fee €3. Enquiries email scruffs2009@yahoo.co.uk

**MAN AND** large van going to UK 13 Oct. Returning 21 Oct. Will transport anything legal. Tel: 282 357 837 / 919 020 249.

**AVEIRO PLAYGROUP.** We are a small group of parents with bilingual/English speaking children that meet on the first Saturday of each month. Please contact david.foley@netvisao.pt for more information.

www.the-news.net

## Bureaucracy

**TRANSLATIONS PERSONAL / LEGAL.** Many years experience, Tel/Fax: 282 484 776 Mobile 919 194 319 English / Portuguese / English.

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## Business Opportunities

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## Charities

**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

**TAVIRA TREASURE** Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

**APAA CHARITY SHOPS.** Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

**ALBUFEIRA ABA** charity shop. An independent charity shop raising funds for neutering animals. Please help by donating items for sale in the shop, so that we can continue with this vital work. The shop is located on Avenida do Tennis, 41D, (next to Galeano Bar) on the road that leads to the Marina, from the dual carriageway, and is open Tuesday to Saturday 10.30am until 2pm.

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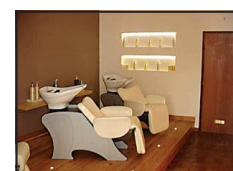
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# Alvor killers still at large

PJ police have still not confirmed whether or not they have arrested the two men who are believed to be Brazilian and responsible for the murder of an Irish businessman in Alvor last week.

An autopsy report showed that 51-year-old Paul Houston died from a post-traumatic brain haemorrhage caused after being beaten by the two men. It also said no marks or wounds caused by weapons were found.

Little is known about the circumstances under which the attack took place, but it is said to have been the result of a botched robbery. Reports state the police are still following a 'definite line of inquiry' though no arrests have been confirmed.

Paul Houston, a successful businessman and avid golfer from Co. Donegal, Ireland, had been on holiday in Alvor, on the Algarve, with his wife Celine and another couple, Phillip and Marian Devlin. Three days into their stay the party had gone out to the village for an evening.

When the others decided to call it a night and return to their hotel, the Dom João, Mr. Houston carried on by

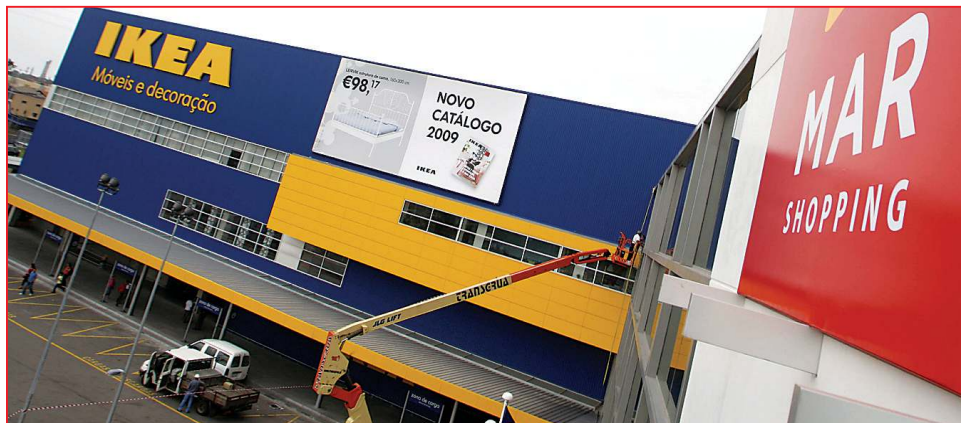
himself until the early hours of September 6th. His wife contacted police when by mid-day the following day, Sunday, he hadn't returned.

However, his body had already been discovered, the attack having been secretly witnessed by a local fisherman. It is also thought an Englishman who lives on a boat in the bay accidentally witnessed the incident too.

Three of the Houston's four grown-up children flew to the Algarve a few days later to be at their mother's side. The family then returned to Ireland last Friday.

Paul Houston's funeral was held this weekend in Greencastle, Co. Donegal, where thousands of mourners attended.

Greencastle parish priest Fr. Paddy O'Kane told mourners of how he met Mr Houston, president of Greencastle Golf Club, a short time before he headed off on the ill-fated holiday with his wife and friends.



Loulé in the Algarve looks set to follow the example set by Mar Shopping in northern Portugal where the largest IKEA in Europe can be found. (Photo: Lusa/Estela Silva)

## IKEA buys land in Loulé



Loulé Mayor Seruca Emídio has this week confirmed that Swedish furnishing giants IKEA have already purchased land in Loulé on which a future outlet will be built.

Confronted by the fact that his Faro counterpart, Mayor José Apolinário has said he would like the southern Portugal IKEA store in his municipality, Loulé Mayor Seruca Emídio responded "IKEA has already bought land in Loulé".

However, an IKEA spokesperson said the process of establishing a store in southern Portugal was still very much an open procedure.

The source said "there is the objective of opening a store in southern Portugal, but nothing has been decided and the process is ongoing".

Faro Mayor José Apolinário has said he believes that the future IKEA store, planned to open in 2015, should be located south of the Cities' Park area, where the controversial 'white elephant' Algarve football stadium is located and which is situated on land shared by Loulé and Faro.

Loulé municipal executives have said they would prefer the store to be located north of the Algarve Stadium and have confirmed IKEA has already purchased land in the region.

The Swedish group already has two stores in Portugal, the

first having opened in Alfragide (Lisbon), followed by its Matosinhos outlet (Northern Portugal), which opened on July 31<sup>st</sup>, 2007. A third IKEA store is set to open during the first half of 2010 in Loures (Lisbon).


By 2015 the group predicts it will have invested a total close to €700 million in Portugal and aims to have seven stores functioning by that year.

Reports state that the Loulé outlet could be IKEA's largest store in both Spain and Portugal. If it goes ahead the store is believed to represent a €200 million investment in the region and will

create 3,000 jobs.

"It will be the Group's largest structure on the Iberian Peninsula and we are very interested in accommodating the project", said Loulé Mayor Seruca Emídio earlier this year.

However, the construction of Iberia's largest IKEA store in the Algarve is not favoured by everyone. Eldérico Viegas, head of the Algarve Hotel and Tourist Resort Association AHETA has been, since it was announced, critical of the location, saying "it will not bring any added value to the region or the region's main activity, which is tourism".



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# Chelsea beat FC Porto



FC Porto lost their first game of the group stages of the UEFA Champions League on Tuesday night, losing to Chelsea 1-0 at Stamford Bridge, but the players can hold their heads high as the match was very level throughout.

FC Porto faced their toughest opponents in their group on Tuesday, playing extremely well against a team that is currently in great form. FC Porto put lots of pressure on Chelsea initially, and Hulk threatened to score a goal against Petr Cech early on, forcing

the goalie to save with his knees.

Being a very fast paced match, many opportunities arose, with Anelka seeming to be the most dangerous player on the pitch. This was proven in the beginning of the second half, when Anelka

broke free and had a shot blocked by Helton, but the French striker was the first to the rebound and fired the ball into the unguarded net.

FC Porto continued to attack the blues' backline over and over but were unable to score an equaliser.

In the same group, Atlético de Madrid were unable to score against the underdogs APOEL and the game ended with a draw.

FC Porto's next match is against Atlético de Madrid at the Estádio do Dragão on September 30<sup>th</sup>, at 20.45.



Porto's Fucile (L) holds off Chelsea's Frank Lampard (R) during their Champions League Group D match at Stamford Bridge. (Photo: EPA/Gerry Penny)

## Benfica one of top 10 clubs of 20<sup>th</sup> century

Benfica is Europe's ninth biggest club of the 20<sup>th</sup> century, according to a chart based on European cups, published by the International Football Federation of History and Statistics (IFFHS).

Counting results from between 1901 and 2000, Benfica has a total of 299.00 points, against Real Madrid's 563.50 points, making the 'Galacticos' the team of the 20<sup>th</sup> century. Juventus came second (466.00 points) and FC Barcelona (458.00) placed third.

Ahead of Benfica were also AC Milan (399.75), Bayern Munich (399.00), Inter Milan (362.00), Ajax (332.75) and Liverpool (300.25).

Anderlecht is the last team in the top 10 (231.00), in a list

which also includes FC Porto in 29<sup>th</sup> place (115.00), Sporting in 47<sup>th</sup> (68.00) and even Vitória de Setúbal in 110<sup>th</sup> (21.00).

The counting system is based on results from UEFA Champions League (eight points per win and four per draw), the UEFA Cup (previously known as European Fairs Cup) (six points per win and three per draw), European Cup Winners Cup (five and 2.5), Mitropa Cup (four and two), Latin Cup (four and two) and the European Super Cup (6.5 and 3.25).

## Outnumbered Olhanense get first win

The fourth round of Liga Sagres saw the three 'giants' win their matches, with Benfica and FC Porto scoring four goals each and Sporting squeezing a victory thanks to Liedson. Olhanense got their first win against Académica with only nine players on the pitch.

FC Porto faced Leixões at the Antas Stadium on Saturday night, looking for a provisional lead in the Liga Sagres table. The game started fast paced and Varela managed to slip in an early goal after twenty minutes of play. The goal seemed to open the floodgates for FC Porto, who took advantage of Leixões' poor backline and scored a further three in the first half. Hulk scored a penalty, Rolando scored an easy goal thanks to clever passing between the 'blues' and Falcão scored his fourth goal, in as many games, after dribbling around the keeper and placing the ball in the open goal.

Leixões got a consolation goal fifteen minutes from the end, with the game ending 4-1.

Benfica travelled to Belém to face Belenenses on Sunday, having not beaten them in the last two

seasons at the Restelo Stadium. Saviola scored the opener with a sublime goal, passing through several players with Nélson saving his first effort, but the ball bounced to the Argentine and he did not miss the opportunity. The first half did not have many more clear chances for a goal.

Cardozo scored Benfica's second, ten minutes into the second half and another two goals, from Javi Garcia and Ramires, came in the final fifteen minutes of the match. Benfica have now scored twelve goals in their last two matches.

Sporting played Paços de Ferreira and beat them by the smallest margin, scoring late in the second half, thanks to Liedson, who seems to be Sporting's (and Portugal's) saviour this season. The 'Lions' were the strongest in

the first half, but Paços de Ferreira also had their share of the action, with Cristiano almost scoring at the end of the first half. The second half was ruined by the high number of fouls, two of Paços de Ferreira's players receiving red cards. Liedson scored a fantastic header towards the end of the match, providing the 'Lions' with their much needed three points.

Olhanense beat Académica 2-1 on Sunday, scoring a goal in the first minute of the match, due to a blunder by Académica's defence. Olhanense had their first player sent off after nine minutes and

suffered an equaliser after 27 minutes. Olhanense quickly bounced back and scored the last goal of the match ten minutes from the end of the first half. The Algarve based team lost their second player midway through the second half but managed to keep a strong defence and relied on counterattacks for their opportunities. Olhanense's first victory was not easy to take but the players deserved it nevertheless and they are now placed at 7<sup>th</sup> in the Liga Sagres, with Sporting de Braga still first, followed closely by Benfica and FC Porto.

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